

BEE BRAND

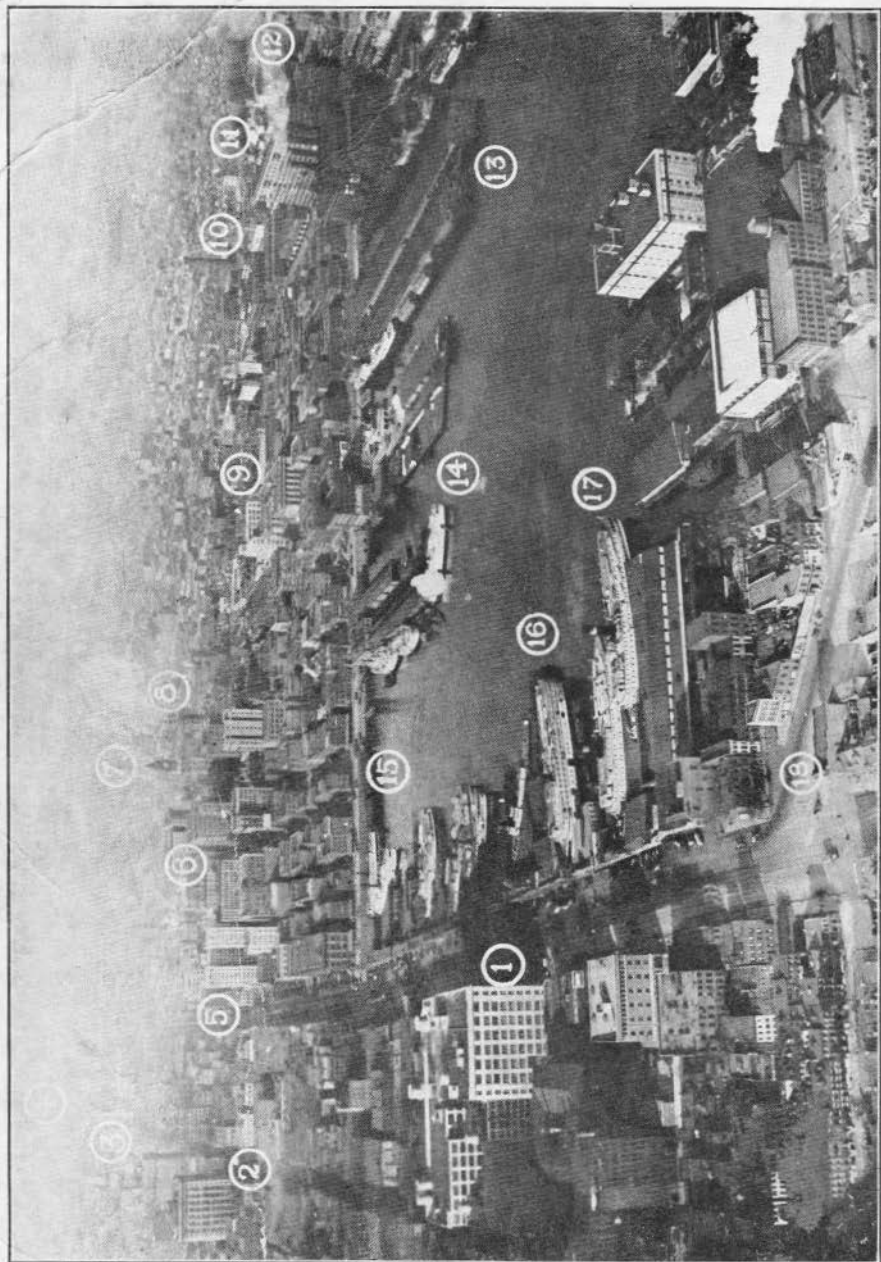
MANUAL OF COOKERY

THE BLUE BOOK
OF
THE CULINARY ART



FOR CHILD'S EDITION--

SEE PAGES 189 TO 196



- No. 1 McCormick & Co. Building (12½ acres floor space)
The largest concrete structure south of New York.
Private siding connects via Municipal Belt Line
on Key Highway, Light and Pratt Streets, with
terminals of the B. & O., Pennsylvania and West-
ern Maryland Railways.
- No. 2 B. & O. Railroad Home Office Bldg. (Baltimore &
Charles Sts.) This is the official center of the city
and shows how advantageously McCormick & Co.
are now located.
- No. 3 Washington Monument (The first monument erect-
ed to Washington in the United States.)
- No. 4 Belvedere Hotel
- No. 5 Southern Hotel
- No. 6 Emerson Hotel
- No. 7 Maryland Casualty Tower
- No. 8 City Hall (Facing new Memorial Plaza)
- No. 9 Custom House
- No. 10 Baltimore Shot Tower, erected in 1828. The corn-
er stone was laid by Charles Carroll of Carrollton,
one of the Maryland signers of the Declaration of
Independence. It is the largest and highest shot
tower built in this country - and with one except-
ion, the only one still standing.
- No. 11 Home of Baltimore Commercial Bank
- No. 12 Old location of McCormick & Co. - now used by
McCormick Warehouse Co.
- No. 13 Merchants & Miners Transportation Co. Pier-
Boston and Savannah Steamers.
- No. 14 Bay & River Steamer Piers
- No. 15 Baltimore & Philadelphia Steamboat Co.-
Philadelphia Steamers.
- No. 16 Old Bay Line - Norfolk Steamers.
- No. 17 Chesapeake Line - Norfolk & Richmond Steamers
- No. 18 Entrance to Key Highway which connects the cen-
ter of the city with ocean-going steamship piers
and Fort McHenry.
The defense of Fort McHenry in 1812 inspired
Francis Scott Key to write the National Anthem
"The Star Spangled Banner."

To Our Friends:—

It is with much pride that we issue the Tenth Edition of the Bee Brand Manual of Cookery—"The Blue Book of the Culinary Art." The 400 recipes it contains were gathered from the colonial homes of Maryland and Virginia and thoroughly tested by Miss Anne Adams, a graduate of Columbia University, New York City, and teacher of Home Economics.

"Make the Best,
Someone Will Want It"

has been our policy for more than 30 years and this slogan has built up our business to its present tremendous proportions. We know it is the right policy and it will be rigidly maintained.

Bee Brand Spices, Extracts, Salad Dressing and Teas are *absolutely pure* and of the *highest quality*, consequently, when you buy Bee Brand Products you get the finest goods of their kind on the market.

Ask your grocer for Bee Brand Products, and insist on getting them.

Thanking our many friends for their patronage and the loyalty they have shown to the Bee Brand House, and sincerely hoping that the Bee Brand Manual of Cookery may prove of service to you, we are,

Very sincerely, your friends,

McCORMICK & CO.

A handwritten signature in dark ink, appearing to read "W. A. McCormick", written in a cursive style.

PRESIDENT.

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BEE BRAND

*The National Standard
of Purity, Quality and Value in
Spices, Extracts and Teas*

McCormick's Bee Brand Spices, Flavoring Extracts and Banquet Tea were awarded the Gold Medal at the Panama Pacific International Exposition at San Francisco 1915. Similar awards were made at Jamestown (Va.) in 1907.

McCormick's Bee Brand Products are made from the highest quality raw materials possible to obtain. Skilled chemists watch each step in the process of manufacture or refining.

When you purchase a food product bearing the name McCormick & Co., and Bee or Banquet Brand you may know that nothing finer could be purchased at any price.

W. McCormick & Co.

Good Food is necessary for good health. Use only the best of everything. It is the cheapest in the end.

The essentials to life are air, water and food. These are of importance in the order mentioned.

We can do without air only a few minutes, without water from one to three days and without food from forty to fifty days.

There is a great difference in the relative value of foods. All food is not equally desirable.

On account of the composition of the human body, a variety of food is necessary. It is the business of the housekeeper to understand as much about this great question of proper food supply as possible. It is a subject of absorbing interest, as well as importance.

The human body requires a certain amount of material from which its power to do work is obtained.

Foods are substances which when taken into the body supply the necessary elements for promoting growth, repairing waste, and producing heat and energy for internal and external work.

Since food has such an important office to fulfill, is it not high time to put some intelligent thought in our selections for our daily meals, not merely putting things together haphazard, nor leaving it to ignorant maids, which is, unfortunately, a practice entirely too common.

There is no branch of work which requires more intelligence than Housekeeping in its highest sense. It is a Woman's Profession—let her do the work as faithfully, as cheerfully and as intelligently as her husband does his.

"As long as there is the violation of law, so long disease and suffering will result."

The most important processes of the household are carried on in the kitchen.

In large measure, the housekeeper is responsible for the health, temper, and intellectual and business ability of her family circle, as the food we eat shows itself in "the thoughts we think and the words we speak."

Let us have meals well chosen, well cooked and daintily served. Learn the use of simple garnishes—a wreath of crisp bacon, soft sprigs of curly green parsley, rings of juicy lemon, etc., etc. Form the habit of making all dishes attractive.

If women only realized the dignity and power of their profession, the divorce courts would work on half time for the domestic machinery would run without a hitch, being lubricated by a brand of oil almost unknown to the public-at-large—we will call it "General Efficiency Oil."

It is to be noted that all spices, flavorings, etc., mentioned in this book mean McCormick & Co's. Bee Brand, as they cannot be excelled, and are always of uniform quality.

"The destiny of nations depends upon the manner in which they feed themselves."

WEIGHTS AND MEASURES AT A GLANCE

All Measurements Are Level Unless Otherwise Stated

"The foundation of good cookery is accuracy."

By level measurements are meant a spoon or cup filled full with dry material, then leveled off smooth to the edge. Flour is sifted before being lifted into the cup or spoon, then leveled. Butter is packed in solid. Use always a measuring cup divided into thirds and quarters.

- 2 cups lard make one pound.
- 2 cups butter make one pound.
- 4 cups pastry or bread flour make one pound.
- $3\frac{7}{8}$ cups entire wheat flour make one pound.
- $4\frac{1}{2}$ cups graham flour make one pound.
- $4\frac{1}{3}$ cups rye flour make one pound.
- $2\frac{2}{3}$ cups corn meal make one pound.
- $4\frac{2}{3}$ cups rolled oats make one pound.
- $2\frac{2}{3}$ cups of oatmeal make one pound.
- $4\frac{1}{3}$ cups of coffee make one pound.
- 2 cups granulated sugar make one pound.
- $2\frac{2}{3}$ cups powdered sugar make one pound.
- $3\frac{1}{3}$ cups confectioner's sugar make one pound.
- 2 cups chopped meat make one pound.
- $1\frac{7}{8}$ cups rice make one pound.
- 2 cups raisins (packed) make one pound.
- $2\frac{1}{4}$ cups currants make one pound.
- 2 cups stale bread crumbs make one pound.
- 9 large eggs make one pound.
- 2 tablespoons butter make one ounce.
- 4 tablespoons flour make one ounce.
- 6 tablespoons baking powder make half ounce.
- 3 teaspoons make one tablespoon.

The foundation of good cookery is accuracy.
A man can never thrive with a wasteful wife.

WEIGHTS AND MEASURES

(CONTINUED)

- 16 tablespoons dry ingredients make one cup.
- One pint of butter equals a pound.
- One quart of sifted flour equals a pound.
- One large pint of sugar equals a pound.
- A pint Graham, seven and three-fourths ounces.
- A pint of cornmeal, ten and one-fourth ounces.
- A pint of rice, fifteen ounces.
- A pint of samp or coarse hominy, thirteen ounces.
- A pint of tapioca, twelve ounces.
- A pint of bread crumbs, eight and three-quarter ounces.
- A pint of currants, ten ounces.
- A pint of brown sugar, thirteen ounces.
- An ounce of butter, two level tablespoonfuls.
- An ounce of flour, four level tablespoonfuls.
- An ounce of cornstarch, three tablespoonfuls (level).
- An ounce of granulated sugar, two level tablespoonfuls.
- An ounce of ground coffee, five level tablespoonfuls.
- An ounce of grated chocolate, three level tablespoonfuls.
- An ounce of pepper, four level tablespoonfuls.
- An ounce of salt, two level tablespoonfuls.
- An ounce of cinnamon, four and one-half level teaspoonfuls.
- An ounce of cloves, four level tablespoonfuls.
- An ounce of mace, four level tablespoonfuls.
- An ounce of curry, four level tablespoonfuls.
- An ounce of mustard, four level tablespoonfuls.
- An ounce of thyme, eight level tablespoonfuls.
- An ounce of olive oil, two tablespoonfuls.
- An ounce of chopped suet, a fourth of a cupful.

HOW TO MEASURE

Before measuring, stir salt and similar articles to free them from lumps. Always measure a cupful level, using a case knife to level off the top. Put the article in by spoonfuls to be sure that every part of the cup is full. It is particularly necessary to do this with butter. Glass measuring cups are excellent, because one can see perfectly if the butter has filled every part of the cup completely.

Remember that health is contagious as well as disease.
Contentment is less an act than a habit.

TIME TABLE BOILING—Fish.

Lobster, per lb.....	30 to 40	minutes
Small Fish, per lb.....	6	"
Salmon, per lb.....	10 to 15	"
Bass, per lb.....	10	"
Blue, per lb.....	10	"
Halibut, per lb.....	15	"
Haddock, per lb.....	6	"
Codfish, per lb.....	6	"

BOILING—Meat.

Tripe, per lb.....	3 to 5	hours
Fowl, per lb.....	20 to 30	minutes
Chicken, per lb.....	15	"
Turkey, per lb.....	20 to 30	"
Ham, per lb.....	20	"
Corn Beef, per lb.....	30	"
Potted Beef, per lb.....	35	"
Mutton, per lb.....	15	"

BOILING—Vegetables.

Corn.....	10 to 20	minutes
Potatoes.....	20 to 30	"
Asparagus.....	20 to 30	"
Peas.....	20 to 30	"
Beans, fresh.....	30	"
Beans, dried.....	3	hours
Beets.....	1 to 3	hours
Brussels Sprouts.....	20	minutes
Cabbage.....	20 to 30	"
Carrots.....	30 minutes and more if old	
Turnips.....	50	minutes
Onions.....	30 to 50	"
Parsnips.....	40	"
Cauliflower.....	30 to 50	"
Spinach.....	15	"
Sweet Potatoes.....	50	"

BAKING—Meats.

Goose, per lb.....	20	minutes
Chicken, per lb.....	15	"
Venison, per lb.....	15	"
Pork, per lb.....	30	"
Veal, per lb.....	20	"
Lamb, per lb.....	15	"
Mutton, per lb.....	15	"

"Bee Brand" Whole Spices in cartons are dependable goods, thoroughly dusted, clean, strong and pure.

BAKING MEATS - Continued

Round of Beef, per lb.....	15 minutes
Beef, well done, per lb.....	20 "
Fillet, per lb.....	40 "
Braised Meats.....	4 to 5 hours
Turkey, 8 lbs.....	2 hours
Birds.....	15 to 20 minutes
Ducks.....	1 to 2 hours
Partridge.....	45 minutes
Grouse.....	25 to 30 "

BAKING—Fish.

Large Fish.....	65 minutes
Small Fish.....	30 "

BAKING.

Bread, hot oven.....	45 to 60 minutes
Biscuits.....	20 to 30 "
Cake.....	20 to 45 "
Custards, slow oven.....	20 minutes to 1 hour
According to size of mold	

BROILING.

Small Fish.....	10 to 15 minutes
Shad, Bluefish, Trout.....	20 to 30 "
Squabs.....	20 to 30 "
Grouse.....	20 to 25 "
Quail.....	20 "
Spring Chicken.....	30 minutes to 1 hour
Mutton Chops.....	10 to 20 minutes
Steak.....	8 to 15 "

BAKING TEMPERATURES.

Bread (in loaf).....	400-360 degrees
Bread (in biscuit form).....	400-410 "
Baking Powder biscuits.....	12-15 min. 450 "
Pop Overs.....	45-60 " 450-350 "
Pastry (pies).....	30-60 " 500-400 "
Plain cake.....	40-60 " 380-390 "
Sponge " (loaf).....	40-60 " 300-350 "
Sponge " (sheet).....	20-30 " 340-360 "
Angel Food.....	40-50 " 330-360 "
Ginger Bread.....	30-40 " 350-380 "
Cookies.....	10-12 " 375-385 "
Meringues.....	7- 8 " 275-300 "
Custards (bake in water).....	25-35 " 240-300 "

Slow	Moderate	Hot	Very Hot
250-350	350-400	400-450	450-550

MARKETING HINTS

Economy should be the watchword when marketing, but it is necessary that the real meaning of the word economy should be understood.

Economy in marketing may be defined as receiving full value for money spent. To exercise this true economy, we must purchase at the time when things are in their best condition and season, and in the quantities suitable.

Perishable foods should, when possible, be bought in the quantity required for each day's consumption, dry or canned foods according to opportunities of storage. Flour, cereals, sugar, dried fruits, etc., do not spoil if kept in a cool, dry place, and both these and canned foods are generally cheaper when bought in quantities.

All marketing is best done from merchants who make quick sales and are constantly renewing stocks. In small or country stores things frequently remain long on hand and deteriorate. Buyers who have only these sources of supply should be on guard.

Fish and vegetables can scarcely be bought too fresh, though there are a few of both classes which will not be hurt if kept a little time.

Poultry and games are best eaten from 12 to 36 hours after killing.

Mature meats such as beef and mutton, should be kept in a cool, dry place for some time before cooking; but immature meats, such as veal and lamb, should be cooked when freshly killed.

(See Rules for choosing Foods, Page 10).

"The kitchen is a country in which there are always discoveries to be made."

RULES FOR CHOOSING FOODS

BEEF.

Good meat is firm, not flabby, and when pressed quickly recovers its form, the mark of pressure disappearing. It has no disagreeable odor; if in doubt as to whether it is fresh or not, thrust a knife or thick skewer in close to the bone and notice the odor when the metal is withdrawn. Any fluid oozing from good meat is watery, never mucilaginous.

The flesh of beef should be smooth grained, the color a deep red; lean and fat intermixed; very lean meat is generally of inferior quality. The fat should be pale straw color; bright yellow fat often indicates that the animal has been fed on oil-cake, and though quite wholesome, the meat wastes in cooking, and is somewhat greasy and rich.

MUTTON.

Flesh fine grained and firm, rather paler than beef, and the fat whiter. Mutton with yellow fat, or from which much moisture exudes, is not good.

The finest mutton is four or five years old, but such is rarely obtainable. A general idea of the age of the animal may be gathered by inspecting the color of the breast bone, young sheep having pinky breast bones, which after about four years become white. Lamb is judged like mutton, but the lean meat is paler in color.

VEAL.

Flesh fine in grain and dry, if moist and clammy, it is unfit for food. If any greenish or yellowish spots are to be seen the meat is unfit for food. Fat white and firm the lean a pale pink. Choose veal from small animals; if large, they are apt to be coarse and tough.

The fat around the kidneys should be firm and dry; the kidneys large and well covered with fat; the liver clear; free from gristle, and spots; the sweetbreads firm, plump, of a delicate color and free from stringiness.

PORK

The lean should be pale pink, the fat white and clear, the skin thin, smooth, and cool to the touch. Knots or kernels in either lean or fat are indications of disease.

Pork, more than any other kind of butcher's meat, must be carefully chosen. It is only wholesome in winter, and should never be used in warm weather.

POULTRY

Choose white legged fowls for boiling, as they generally have the whitest flesh. Black or yellow legged fowls usually have darker flesh but richer flavor, and are often preferred for roasting.

In every case choose fowls with the claws uncut, as it is then much easier to remove the sinews.

The breast bone should not be broken, for though this practice of poulterers makes the bird look more plump, it interferes with the proper carving of the breast. Unless for stock or soups, poultry should always be young.

Young birds may be known by:

1. The softness of the breast bone and tip of the pinions, which are practically only gristle when young.
2. Brittleness of the beak.
3. Downy feathers and the absence of long or coarse hairs.

The flesh should be firm and thick, with some fat; but excessively fat birds are not desirable, being rank in flavor and greasy.

All poultry should be cooked while fresh, the slightest staleness being most objectionable. Fortunately, staleness is quickly detected by a faint unpleasant odor. A freshly killed bird is almost odorless; has limp, pliable feet, full eyes and no discoloration of skin.

"Bee Brand" Ground Spices are true flavor, full strength and pure. Flavor is not destroyed by heating in milling.

Reject poultry that has been torn or cut in plucking or trussing—it is the result of carelessness and quite unnecessary, and such rough handling spoils the quality of the flesh and often renders it unsightly when served. Never accept the trussing of the poulterer as final.

Fowls should be picked over, wiped with damp cloth, and dusted with flour if for roasting. The liver must be washed, the gizzard washed and skinned, and the bird retrussed with steel instead of wooden skewers. Wooden skewers communicate flavor to the flesh, and are also difficult to remove after the bird is cooked.

GAME.

What has been said of poultry may, with a few exceptions be applied to game.

The tenderness and flavor of game is increased by keeping, provided the weather and larder are suitable. Three days hanging will usually improve it. The age and condition of game may be judged by the rules for poultry.

FISH.

It is essential that fish should be used when fresh. Its condition is easily judged by the odor and appearance.

When fresh the flesh is firm, quickly recovering from pressure, of a good even color, not mottled in appearance, the eyes bright and prominent and the gills red.

Lobsters and crabs should be chosen by their weight in proportion to size. The heavier the better.

Cod when fine have small heads, thick indented shoulders and small tails. The eye should be bright and not sunken and the flesh firm.

Salmon should be well covered with very bright scales and the flesh should be of a bright red color.

There can be no better Spices produced than
"Bee Brand" Ground Spices.

VEGETABLES

Green vegetables are always at their best when cheapest and most plentiful. Out of season they never have the same flavor. The absolute freshness of vegetables cannot be too strongly insisted upon, for when stale they are unwholesome.

When fresh vegetables are in good condition they are crisp and of a bright color. Softness or a faded yellow appearance show they are stale. A fresh leaf, pod or stalk should break with a sharp crack when bent.

To keep root vegetables well they should not be stored till fully ripened, and then must be carefully arranged in cool, but not too cold dry chambers. Moisture or warmth will cause growth and sprouting, which always lessens their value. A brick floor with sand to protect from frost is considered the best means of preserving root vegetables.

SOUPS

*"The man that did to Paris go
That he might taste their soups, and mushrooms know."*

Soups for the family can be very cheaply made, and it is a mistake to suppose that in order to be nourishing they must be made from meat. Fish and vegetable soups are in all respects good and nutritious foods, and with management no day need pass without some kind of soup being served.

Soups may be classed under two heads. Bouillon and Clear soups, Purees and Cream soups.

The base of nearly all soups is stock, but the materials of which the solid and thick parts are composed, decide the quality of the stock to be used.

If cleanliness is necessary to secure perfection in all culinary operations, it is especially necessary in making soup.

The pot in which it is made must be perfectly bright and clean and kept for soup making alone. It should be scoured, aired and sunned frequently.

Soups should never be greasy; the best plan is to make the stock beforehand and to make sufficient for two or three days; when the broth cools the fat will cake on the surface, and may then be easily removed.

In making all soups except Clear soup great attention should be paid to skimming during cooking; as this has much to do with their flavor. In most cases a great deal of scum rises just before the boiling point is reached and if allowed to boil down it will render the flavor coarse.

Long, slow cooking is a most important point both in the making of stock and soup to get the best results.

A healthy child, a blooming rose, a cheerful smile are among the world's best things.

ALMOND SOUP

- | | |
|----------------------------------|---------------------------|
| $\frac{1}{4}$ lb. sweet almonds. | 2 teaspoons grated onion. |
| 1 head celery. | 3 cups white stock. |
| 3 cups milk. | 1 tablespoon flour. |
| $\frac{1}{2}$ cup cream. | 1 heaping tablespoon |
| 1 teaspoon Bee Brand | butter. |
| Whole White Peppers. | |

Blanch and pound the almonds, then boil them one hour in the stock with the whole peppers, onion and celery. Rub through a sieve with the back of a wooden spoon. Heat the butter in a saucepan, but do not brown it, sprinkle in the flour, mix till smooth, add the milk, and stir, boil three minutes then add the stock, and celery; re-heat; put the cream in a tureen and add to it the soup. Serve at once.

CREAM OF CELERY SOUP

- | | |
|-----------------------|----------------------------------|
| 2 cups water | 1 bay leaf. |
| 2 heads of celery. | $\frac{1}{2}$ teaspoon salt. |
| 2 tablespoons butter. | $\frac{1}{2}$ teaspoon Bee Brand |
| 2 tablespoons flour. | Celery Salt. |
| 4 cups milk. | 1 saltspoon Bee Brand. |
| 1 slice of onion. | Ground Black Pepper. |

Remove the outside stalks of the celery, saving the tender portion for eating raw. Wash and chop the green stalks; put them in a saucepan with the water; cook slowly for thirty minutes and press through a colander. Blend the butter and flour in a saucepan or double boiler; add the milk, onion and bay leaf; stir constantly till creamy. Add the celery salt, salt, celery, water and pepper; cover, let the water in the under boiler boil ten minutes. Strain into tureen and serve at once with soufflé balls, croutons, or crisp crackers.

Life is never so bad but that you can make it worse. Never so good but you can make it better.

CREAM OF TOMATO SOUP

- | | |
|---------------------------|-------------------------------------|
| 2 cups strained tomatoes. | $\frac{1}{4}$ teaspoon baking soda. |
| 4 cups milk. | 2 tablespoons butter. |
| 1 bay leaf. | 2 tablespoons flour. |
| 1 blade mace. | 1 saltspoon Bee Brand |
| 1 teaspoon sugar. | Ground Black Pepper. |
| 1 teaspoon Bee Brand | |
| Onion Salt. | |

Put tomatoes in a saucepan, add mace, bay leaf, onion salt and pepper. After it begins to cook, let simmer gently 15 minutes. When the tomato begins to simmer it is time to prepare the rest of the soup. Melt the butter in a double boiler, sifting in the flour gradually and rubbing to a smooth paste with a spoon. Add milk, and stir constantly. After the mixture is perfectly smooth and of the thickness of rich cream, remove from the fire, and strain into a heated tureen. Add sugar and soda to tomatoes, and strain into the other material in the tureen, stirring as you strain. Serve at once.

CREAM OF GREEN PEPPER SOUP

- | | |
|--------------------------|----------------------------------|
| 1 quart clarified soup | 1 teaspoon salt. |
| stock. | $\frac{1}{2}$ teaspoon Bee Brand |
| 2 onions. | Celery Salt. |
| 2 large or 4 small green | $\frac{1}{2}$ teaspoon Bee Brand |
| peppers. | White Pepper. |
| Yolk of one egg. | |

Chop onion fine, cut green peppers in strips about $\frac{1}{4}$ inch long. Put stock and condiments together. Simmer slowly from 30 minutes to an hour. Just before serving beat the egg yolk and pour the hot soup over this. Serve in bouillon cups if desired.

DELICIOUS QUICK SOUP

- | | |
|---------------------------------------|----------------------------------|
| 1 cup carrot cubes. | 4 tablespoons meat |
| 1 cup potato cubes. | extract. |
| 1 large onion, sliced. | 1 bay leaf. |
| 1 cup celery, sliced. | 1 teaspoon salt. |
| $\frac{1}{2}$ cup of fat from chicken | $\frac{1}{4}$ teaspoon Bee Brand |
| or beef stock. | White Pepper. |
| 1 quart water. | $\frac{1}{8}$ teaspoon Bee Brand |
| | Paprika. |

If you could visit our plant and see the cleanliness and care exercised in selecting and putting up our goods, you would use them always.

Melt the fat, and in it cook the carrot, celery, and onion. Stir constantly; cook about 15 minutes. Cook the potatoes in boiling water, drain, rinse in cold water and drain again. Add to other vegetables with the broth and seasoning. Cook at least one hour. Remove bay leaf and serve.

CLAM BOUILLON.

Scrub thoroughly (using stiff brush) 1 peck of fresh clams. Change water several times to be sure the shells are perfectly clean. Put in a closely covered kettle with one quart of cold water. Steam until shells are well opened. Strain off liquor. Clear with egg according to rule for clearing soup stock. See Page 23. Add

$\frac{1}{8}$ teaspoon, Bee Brand
White Pepper.

1 teaspoon salt.
Strain and serve.

BRUNSWICK STEW (Virginia)

1 gallon hot water.

1 cup butter.

1 large, or 2 small chickens
(cut up as for a stew).

1 cup fine bread or cracker
crumbs.

1 pint solid, chopped tomatoes.

1 teaspoon salt.

2 slices bacon

$\frac{1}{2}$ pod red pepper.

2 large or 4 small onions.

$\frac{1}{2}$ teaspoon Bee Brand

6 ears corn (scored and
cut from cob).

White Pepper.

Into a soup pot put the onions chopped fine; the tomatoes skinned and cut in small pieces; the bacon (this to be removed before serving) and the fowl, pour on the water and let simmer until quite tender. Lift the fowl from the liquor. Cool enough to handle; then cut all meat from the bones, discarding tough skin and gristle. Chop fine and return to the kettle, adding corn. Cook twenty minutes longer; add butter, bread-crumbs, salt and pepper, and an extra pint boiling water, if too thick.

NOODLES FOR SOUP.

Two eggs slightly beaten, add one-eighth teaspoon of salt and enough flour to make a stiff dough. Knead until it is elastic. A pastry cover is better for this work than a board, as the material is less apt to stick (a piece of heavy duck or sail cloth answers nicely). Let the paste stand from half an hour to an hour, so it may stiffen; then cut into ribbons with a sharp knife or with a French cutter into fancy shapes.

Cook this cut up material in boiling, salted water 15 minutes, then add to the hot soup.

You can make the world better
by living your life correctly.

CORN CHOWDER.

- | | |
|-----------------------|----------------------------------|
| 4 cups grated corn. | 2 cups milk. |
| 4 large potatoes. | 6 water crackers. |
| 2 onions. | Yolks of 3 eggs. |
| 2 tablespoons butter. | 1 teaspoon salt. |
| 1 cup boiling water. | $\frac{1}{2}$ teaspoon Bee Brand |
| 3 tablespoons flour. | Ground Pepper. |

Pare and cut potatoes into dice; chop the onion; put a layer of potato into the saucepan, then a little onion, then a layer of corn, then potato, and so continue until all are in. Pour in the water; cover and cook slowly for 30 minutes. Blend butter and flour together in a saucepan over the fire; add the milk, salt and pepper; stir until boiling. Remove from the fire and add egg yolks beaten with two tablespoons of milk.

Turn into the tureen; crush the crackers and sprinkle over the top. Serve at once.

MULLIGATAWNY SOUP.

- | | |
|-----------------------------------|--------------------------|
| 1 chicken. | 1 carrot. |
| $\frac{1}{2}$ head celery. | 4 cloves. |
| Blade of mace. | 1 bay leaf. |
| Bunch sweet herbs. | A few sprigs parsley. |
| 3 tablespoons butter. | 3 pints water or stock. |
| 2 tablespoons flour. | 1 dessertspoon Bee Brand |
| 1 large onion. | Curry Powder. |
| $\frac{1}{4}$ teaspoon Bee Brand. | Some boiled rice. |
| Celery Salt. | |

Slice the vegetables and put them in a saucepan with half the butter and herbs, fry for ten minutes, then add chicken and stock, bring to a boil and skim well; simmer for one hour then remove the chicken, take meat off the bones, put bones in saucepan, simmer one hour longer; pass through a fine sieve. Melt remaining butter in a clean saucepan, add curry powder, fry three minutes, then add flour, celery salt, and stir till smooth; then add the soup and the best of the chicken divided into small pieces, boil ten minutes, add more seasoning if required, and serve with boiled rice.

"Bee Brand" Spices cannot be excelled. This is the verdict of all good cooks.

CHICKEN GUMBO.

1 chicken.	1 pint okra.
3 tablespoons lard.	1 pint potatoes.
3 tablespoons flour.	4 chopped onions.
Some boiling water.	Saltspoon Bee Brand
1 pint corn.	Ground Red Pepper.
1 pint tomatoes.	2 teaspoons salt.

Dress the chicken and disjoint it. Heat the lard in a saucepan then add flour and stir till it browns; put the chicken in and stir all together; pour in boiling water to cover the chicken, adding more as it boils away. Add corn, tomatoes, okra, potatoes, onions and one and a half quarts of water, set back on the stove and cook slowly for three hours. Stir occasionally to prevent scorching. When done, add seasonings.

FISH SOUP.

2 lbs. White fish.	1 heaping tablespoon
1 bay leaf.	flour.
2 tomatoes.	Some fried bread.
1 stalk celery.	4 cups white stock.
1 clove of garlic.	4 cups water.
2 sprigs parsley.	1 blade mace.
1 lettuce.	$\frac{1}{2}$ cup cream.
2 yolks of eggs.	Salt and Bee Brand White
1 heaping tablespoon	Pepper.
butter.	

Clean and cut up fish into pieces, put them into soup pot with stock and water; when it boils add parsley, tomatoes and celery cut up, the garlic, lettuce, mace and bay leaves, allow to boil one and a half hours; then strain. Blend butter and flour in clean saucepan, add stock and boil five minutes.

Mix the eggs and cream in a basin, pour some of the boiling soup to them and mix it, then pour the whole into soup tureen. Have some bread cut in small half inch square pieces, fry it a golden color, drain and serve with soup.

Season your cooking with brains.
The secret of success is concentration.

CONSOMME.

(Beef, Veal, Chicken or Mutton.)

4 lbs. of meat ($\frac{1}{3}$ bone).	1 tablespoon cut up onion.
4 pints cold water.	2 tablespoons cut up carrot.
2 teaspoons salt.	2 tablespoons cut up celery.
12 pepper corns.	1 bay leaf.
4 cloves.	2 teaspoons Bee Brand
1 blade of mace.	Poultry Seasoning.

Put meat in the cold water and cook at low temperature for several hours, or until the meat is in rags and the juice and flavor have been withdrawn. After the meat has cooked about two hours, add the vegetables and seasonings, and cook to the point indicated above. Strain off the liquor from the solid material, pressing out every particle of juice and set aside to cool. Remove fat and clear.

CLARET CONSOMME.

To one quart of consomme made after above formula add two cups of French Claret which has been brought to a boiling point with two three-inch pieces of cinnamon and two tablespoons of sugar. Color red with a few drops of Bee Brand Red Coloring.

BOUILLON.

Make after formula for Consomme.

Bouillon may be clarified and served plain, or with vegetables cooked or cut in fancy shapes and dropped into it.

CREAM OF POTATO SOUP—(Miss Farmer.)

3 potatoes (medium size).	$\frac{1}{4}$ teaspoon Bee Brand
1 qt. milk.	white pepper.
2 slices onion.	Few flakes cayenne.
3 tablespoons butter.	2 teaspoons chopped
2 tablespoons flour.	parsley.
2 teaspoons salt.	

Cook potatoes in boiling water, rub through sieve, scald milk with onion. Strain and add milk slowly to mashed potatoes. Melt the butter, add dry ingredients, stir until mixed, then stir into boiling soup. Strain and sprinkle with the chopped parsley.

Under conditions of patient research and severe tests have "Bee Brand" goods been brought to their present high grade.

SPLIT PEA SOUP.

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|-------------------------|-----------------------|
| 1 cup dried split peas. | 2 tablespoons butter. |
| 2½ qts. cold water. | 2 teaspoons salt. |
| 1 pint milk. | ¼ teaspoon Bee Brand |
| 1 onion. | pepper. |
| 3 tablespoons flour. | ¼ lb. fat pork. |

Pick over peas and soak over night, drain, add cold water, pork and onion. Cook at low temperature until soft (about 3 hours). Rub through a sieve. Add butter and flour cooked together, salt and pepper. Dilute with the milk adding more if needed, reheat and serve.

CRAB SOUP.

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|-------------------------|---------------------------|
| 6 hard shell crabs. | 2 tablespoons butter. |
| 3 cups white stock (see | 2 tablespoons flour. |
| recipe). | 1 cup rich milk or cream. |
| 1 slice onion. | 1 teaspoon salt. |
| 1 sprig parsley. | ⅛ teaspoon cayenne. |

Steam or boil crabs. Remove meat and chop fine. Add stock, onion and parsley, and simmer twenty minutes. Rub through sieve, combine with butter and flour cooked together. Add cream and seasonings. Reheat and serve.

CLAM CHOWDER—(Janet M. Hill).

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|------------------------|-------------------------|
| 1 qt. of shelled clams | 3 cups rich milk. |
| packed solid. | ¼ cup butter. |
| ¼ lb. salt pork. | ½ teaspoon Bee Brand. |
| 1 onion. | white pepper. |
| 1 qt. sliced potatoes. | 1 dozen water crackers. |
| 1 tablespoon salt. | |

Add a cup of cold water to the clams, pick over carefully and remove any bits of shell. Strain the water through cheese cloth and in it scald the clams and then keep over hot water until ready for use. Cut pork in bits and cook out fat slowly. Saute the onion in this fat, but do not brown. Add potatoes which have been par boiled and drained. Add flour to the butter and cook until frothy, to this add the clam liquor and when mixture boils, add to potatoes, onions and meat fat, and seasonings and cook until potatoes are tender. When ready to serve add scalded milk, the hot clams and drop in the crackers.

DELICIOUS THICK OYSTER SOUP.

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| 1 dozen large oysters. | 1 cup hot milk. |
| 1 pint cream. | $\frac{1}{2}$ teaspoon salt. |
| 4 tablespoons butter. | Bee Brand cayenne. |
| 4 tablespoons flour. | |

Run the oysters through chopper, make white sauce of butter, flour and cream, add seasonings. Thin with the hot milk, and serve in bouillon cups.

WHITE STOCK.

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| 4 lbs. knuckle of veal, | 1 stalk celery. |
| rabbit or fowl bones. | 1 teaspoon salt. |
| 1 onion. | Dust of Bee Brand Celery |
| $\frac{1}{2}$ teaspoon Bee Brand | Salt. |
| whole white peppers. | Blade of mace. |
| 5 pints of water. | |

Break the bones, remove all the fat, and cut up the meat into small pieces, put them into a saucepan with the salt and cold water, bring slowly to a boil, skim thoroughly, add all the other ingredients, allow it to simmer very gently five hours, strain, and when cold remove the fat. The bones may be boiled again for making cheap soups.

BROWN STOCK.

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|------------------------|----------------------------------|
| 4 lbs. shin of beef or | 1 onion, browned. |
| bones. | A bunch of sweet herbs. |
| 1 teaspoon salt. | $\frac{1}{2}$ teaspoon Bee Brand |
| 1 stalk celery. | whole black peppers. |
| 1 bunch of parsley. | One slice turnip. |
| 1 carrot. | Blade of mace. |
| 5 pints cold water. | Bay leaf. |

To have one true sincere friend is to have something better than all the world's gold.

Cut the meat in half inch squares, removing all the fat; break up the bones and remove the marrow, put this into a saucepan with the water and salt, bring slowly to the boil, remove the scum, add the above ingredients, and simmer very slowly five hours, strain and when cold remove the fat; it is then ready for use.

To brown the onion, place it in a baking tin with the skin on, set it in the oven until brown.

The meat may be boiled again with more vegetables for second stock, and used for cheap soups.

TO CLEAR SOUP STOCK.

Heat slowly the liquor in which the meat has been cooked for soup. (After removing the layer of cold fat) lay porous paper on the warmed liquid, and the fat globules can be removed. If wanted very clear, egg white must be used. Allow one egg-white to a quart of soup. Beat the egg until it is slightly bubbly (not light). Add this to the stock; put on the fire and stir constantly until egg begins to coagulate; then stop stirring and let boil vigorously from three to four minutes. Remove to a cooler part of the stove and let simmer ten minutes and settle with a dash of cold water. Strain through two thicknesses of cheese cloth. Strain a second time if a transparent, sparkling stock is desired.

FISH AND OTHER SEA FOOD

*"From the sands of the Sea,
Where the tide ebbs, and flows.
I'll make for fish."*

Fish is usually cheaper than meat and while it furnishes less nourishment, it is more easily digested. For this reason rather than for its possible large amount of mineral salts, it is a valuable food for brain-workers.

To get the best value from fish, it must be eaten in season, and when perfectly fresh.

It should not be kept in an ice box unless closely covered. Failure to obey this rule is apt to spoil the rest of the contents of the refrigerator.

Broiling and baking are perhaps the best methods of cooking fish.

Always carefully wash fish in several waters, and dry on a soft cloth before cooking.

FILLETS OF FISH COOKED WITH BREAD STUFFING.

Use slices of fish. Black bass, halibut and sword fish are all good. The fillets should be about one-half inch thick, and carefully washed and patted dry with a cloth.

Put a tablespoon of butter, cut into bits, in a shallow earthen dish (oval shape). On this lay a slice of fish. Put on this a layer of bread dressing, and over this the other slice of fish, then on top of the fish put three strips of sliced salt pork. Slip into a hot oven, but reduce the heat after the first five minutes. Baste frequently with broth made from the bones of the fish, or with any plain stock on hand. Just before the fish is done (about twenty minutes from the time it was put in the oven) spread the top with buttered crumbs, and brown delicately. Serve with caper sauce of Hollandaise.

"Bee Brand" goods are often imitated,
rarely equaled, never excelled.

BREAD STUFFING FOR FISH, LEG OF LAMB, FOWL, ETC.

Take one and a quarter cups of fine bread crumbs, thoroughly dried, and sifted through a colander. With these mix one teaspoon Bee Brand Poultry Seasoning, one-half teaspoon of salt, one-quarter teaspoon of Bee Brand Black Pepper and one-third cup of melted butter.

Use no liquid beside the butter. This is a most satisfactory stuffing for general use. Herbs may be varied to suit tastes and dish to be prepared.

BROILED FISH —(Butter Sauce).

Any fish which can be cut in slices may be broiled nicely. Oily fish are, however, best for this purpose, as it is difficult to baste a fish while broiling, though it can be done.

Slices of fresh salmon are excellent broiled. Heat the wire broiler, and rub the wires with a piece of fat pork before putting in the fish. Turn constantly, and brush from time to time with melted butter.

It will take about twenty minutes to broil sliced fish. Carefully separate the fish from the broiler (a fork is best for this purpose) and slide on a hot platter.

Serve plain, or with butter to which finely chopped parsley and lemon juice have been added. Use:

2 tablespoons butter.

Chopped parsley.

$\frac{1}{8}$ teaspoon salt.

Dash of Bee Brand

Paprika.

1 teaspoon lemon juice.

Beat butter to a cream, add seasonings and lemon juice. a few drops at a time.

Cheerful laughter is a good medicine,
and the best cure for the blues.

NEW ENGLAND CODFISH BALLS.

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|---|--|
| 1 pint raw potatoes, cut
in small pieces. | $\frac{1}{8}$ teaspoon Bee Brand
Paprika. |
| 1 cup salt codfish (raw). | 1 teaspoon butter. |
| $\frac{1}{2}$ teaspoon Bee Brand
White Pepper. | 1 egg. |

Put the potatoes in a saucepan, put the codfish (picked up fine and washed in cold water) on the potatoes, and almost cover with boiling water. Cook until the potatoes are tender (almost twenty minutes). Drain off water and stand saucepan on back of stove to dry out.

Beat with fork or with whisk until light. Add butter and well-beaten egg, and beat again. If too stiff, a teaspoonful of hot milk may be added.

Drop by teaspoonfuls into boiling hot fat. Use frying basket, and do not put in over four at a time. Re-heat fat between each frying. Drain on soft paper and serve hot.

For luncheon these are to be served with Tartar sauce.

INDIAN CODFISH.

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| 1 cup shredded codfish. | 1 cup milk. |
| 1 cup boiled rice. | 2 eggs well beaten. |
| $\frac{1}{2}$ dozen hard boiled eggs
chopped fine. | $\frac{1}{4}$ teaspoon Bee Brand
Ground Black Pepper. |
| 1 cup cream. | Salt if necessary. |
| $\frac{1}{2}$ teaspoon Bee Brand
Paprika. | |

Soak codfish in hot water if very salty and drain well. Mix the ingredients thoroughly together. Bake in an earthen dish in a moderate oven for one hour.

Keep covered for three-quarters of an hour, then remove cover and bake a delicate brown. Garnish with parsley and serve hot. Delicious and wholesome.

PLANKED SHAD.

Be sure you have a perfectly fresh fish for this style of cooking. If stale, it is not only undesirable from the health standpoint, but will come to pieces, and your dish be a failure from the artistic side.

Remove the head from the shad, clean and split down the back, using a very sharp knife, and carefully remove the backbone.

Regular planks for these dishes can be purchased, and no other kind should be used. Oil your plank (using brush and fine quality olive oil). Heat board slightly in the oven first. Lay the split fish on the warmed board (skin side down) sprinkle with salt and Bee Brand White Pepper, and pour over a few drops of the olive oil to help brown and give fine flavor. Bake about twenty minutes in fairly hot oven, basting from time to time with melted butter.

The lower oven in a gas range is an admirable place to cook a plank fish. Be careful not to have flame over fish too hot. When fish is cooked, pipe mashed potatoes around it by means of a pastry bag and star tube. This border may be put on the board first, if desired, and the fish cooked inside it.

Garnish with a ring of alternating slices of small tomatoes and cucumbers after removing from oven, and serve with Maitre d'Hotel sauce spread on the fish. This is made by means of beating up softened butter with finely chopped parsley, and a good squeeze of lemon juice.

SALMON LOAF.

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| 1 can salmon. | 2 tablespoons melted |
| 1 cup stale bread crumbs. | butter. |
| 2 well beaten eggs. | Seasoning and salt—Bee |
| ½ cup milk. | Brand Black Pepper |
| 1 tablespoon finely chopped | and Bee Brand Pap- |
| parsley. | rika. |

Pick over salmon, discard bones and pieces of skin. Shred meat with silver fork, mix all ingredients, and put into a well glazed mold and bake in a pint of water for thirty minutes. Turn from mold and serve with Hollandaise sauce, or allow to get cold and slice, and serve on a dish garnished with rings of lemon and sprays of parsley.

MACKEREL SOUFFLE.

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| ¼ cup butter. | ⅛ teaspoon Bee Brand |
| ⅓ cup of flour sifted and measured. | Paprika. |
| 1 pint milk. | 2 teaspoons finely chopped parsley. |
| 1 teaspoon salt. | 3 egg yolks. |
| ¼ teaspoon Bee Brand White Pepper. | 3 egg whites. |
| | 1½ cups canned mackerel. |

Melt butter, add flour and stir until well blended in saucepan over fire, then pour on the milk, stirring constantly. Cook to a smooth, thick cream, add seasonings, then the fish, picked over and shredded with a silver fork; then egg yolks beaten until thick, then fold in whites beaten stiff and dry. Turn into a buttered baking dish, and bake until firm and delicately colored—it will require about 45 minutes. Any other canned fish may replace the mackerel.

FISH TIMBALES.

To each cup of cooked and minced fish, add one-half cup of highly seasoned white sauce and one egg, white and yolk beaten together. Pack in buttered timbale molds and set the molds in a pan of hot water, cook in rather moderate oven until firm enough to turn from molds. Place on platter and garnish with slices of lemon cut in quarters, and the edges dipped in finely minced parsley.

DEVEILED CRABS.

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| 1 lb. crab meat. | ½ teaspoon Bee Brand |
| 2 tablespoons butter. | Ground Mustard. |
| 2 tablespoons flour. | 1 teaspoon salt. |
| 1 cup milk. | Saltspoon Bee Brand |
| 1 tablespoon bread crumbs. | Ground White Pepper. |
| 2 hard boiled eggs. | Dash of Bee Brand |
| 1 tablespoon chopped parsley. | Ground Red Pepper. |
| | 1 teaspoon lemon juice. |

Wash shells in water in which a small quantity of soda has been dissolved and wipe them dry. Blend butter and flour together in a saucepan, add milk, stir till boiling, add bread crumbs, egg rubbed through a sieve, seasonings, and crab meat. Divide this into the shells, smoothing them nicely.

Sprinkle a few bread crumbs on top, dot with butter, and bake until a light brown.

Don't find fault with the thorns,
rather give thanks for the roses.

CRABS A LA CHESAPEAKE.

Be sure crabs are alive and then put over a small quantity of boiling water with vinegar in it. Let steam till thoroughly done. Pick up meat, using all but "dead men's fingers" and spongy part over stomach. Make rich cream dressing, for Eastern Shore terrapin, omitting eggs, add crabs, thoroughly heat and serve.

LOBSTER NEWBURG.

1 cooked lobster (2 lbs.)	Saltspoon Bee Brand
4 yolks of eggs.	Ground Black Pepper.
1 tablespoon butter.	Dash of grated nutmeg.
1 tablespoon flour.	1 tablespoon sherry wine.
1 cup cream.	1 tablespoon brandy.
1 teaspoon salt.	

Boil the yolks and mash them. Blend butter and flour together in a fish saucepan; add cream, and stir until boiling. Add these gradually to the yolks of the eggs and rub smooth; add salt, pepper and nutmeg.

Cut lobster into neat pieces and add it. Stand over hot water until thoroughly heated, then add sherry and brandy. Serve at once on toast.

SALMON CROQUETTES.

1 can salmon.	Seasoning of salt, Bee
4 tablespoons milk.	Brand Ground Black
1 $\frac{1}{3}$ cups bread crumbs.	Pepper and pinch of
2 eggs.	Bee Brand Ground
4 tablespoons butter.	Mace.
$\frac{1}{2}$ teaspoon grated onion.	

Drain the fish, mash fine, add beaten egg, melted butter, onion, bread crumbs, and seasonings, beat all together. Make into neat croquettes, brush over with beaten egg, toss in bread crumbs; fry in smoking hot fat until of a delicate brown, then drain and serve hot.

Some of us are so busy picking out the faults of others,
that we overlook our own.

BAKED HALIBUT STEAKS.

2 halibut steaks.

Cracker crumbs.

20 medium sized oysters.

Butter.

$\frac{1}{2}$ lb. fat salt pork.

Oil and vinegar.

Have the halibut steaks cut one and a half inches thick. Pour over them a marinade composed of twice as much olive oil as vinegar and let stand for one hour.

Cover baking dish with thin slices of salt pork and on this place the first steak. Cover with a layer of oysters drained, and dipped in salted cracker crumbs and melted butter.

Place the second steak on the oysters and then cover with thin slices of salt pork. Bake in a hot oven for thirty-five minutes, basting with the dripping in the pan. Five minutes before removing the fish from the oven remove the pork.

Cover with butter and sprinkle thickly with buttered cracker crumbs and allow to brown. Garnish with shredded lettuce or potato balls.

RECIPE FOR COOKING DIAMOND BACK TERRAPIN. (Maryland Club).

First, let terrapin swim about for a few minutes in large pan of clear cold water.

Then put while alive, in pot of boiling hot water. After five minutes, remove from the water and with a towel rub the skin from the legs, body and head as quickly as possible, and put back in another pot of boiling water, cooking until tender. This is the water in which the terrapin is to be cooked, **therefore do not have too much water.**

The terrapin will cook in about half an hour. (This will, however, depend somewhat upon the size and age.)

Be careful not to over-cook.

Remove the terrapin and crack off the back. The liver and gall must be taken out together, as the latter is one side of the liver. Discard the gall, exercising great care in removing it, otherwise the terrapin will be ruined. Also remove and discard the entrails, although the old-fashioned English recipes call for the latter to be used in the mixture.

"Bee Brand" means Best Brand—
a mixture of quality and purity.

Break the legs at joints, bending them up, and slice liver. Place the entire mass in a chafing dish and let come to a boil, after seasoning with a little salt, a generous amount of butter, Bee Brand Pepper and Bee Brand Paprika.

It may be served with Sherry if so desired.

EASTERN SHORE TERRAPIN.

Prepare as in Maryland Club recipe and serve with a cream dressing. Use:

8 tablespoons ($\frac{1}{4}$ lb.) butter.	Yolks 6 hard boiled eggs.
4 tablespoons flour.	$\frac{1}{2}$ teaspoon salt.
1 pint cream.	$\frac{1}{8}$ teaspoon cayenne.

Make after recipe for White Sauce, adding chopped egg yolks; when sauce is done add to prepared terrapin and heat together and serve.

OYSTER PIE.

2 doz. large oysters.	$\frac{1}{2}$ teaspoon salt.
4 hard boiled eggs.	$\frac{1}{8}$ teaspoon Bee Brand
$1\frac{1}{2}$ cups rich milk.	Paprika.
2 tablespoons butter.	$1\frac{1}{4}$ cups flour made into
2 tablespoons flour.	pastry. (See recipe
$\frac{1}{4}$ teaspoon Bee Brand	for flaky pastry for
White Pepper.	one pie).

Make the milk, butter and flour into a white sauce (see recipe of the consistency of custard.)

Line a small pudding dish with pastry, put in one dozen oysters and two hard boiled eggs, sliced. Pour over this half the white sauce, then place the other oysters and slice egg above this. Pour the remaining white sauce over, and cover with a layer of pastry, which should be gashed in several places with a knife to allow escape of steam and gases. Wet edge of crust with cold water, and put a strip of pastry lightly twisted around this, pressing it down carefully, and keeping it close to the edge of the dish.

Bake in a moderate oven until crust is nicely browned. Serve at once.

You can make the world better by living your life correctly.
Season your cooking with brains.

BROWN FRICASSEE OF OYSTERS.

50 oysters.	2 tablespoons butter.
½ teaspoon Worcester- shire sauce.	1 cup milk.
1 level teaspoon salt.	Saltspoon Bee Brand Ground Black Pepper.
1 teaspoon chopped onion.	1 bay leaf.
1 tablespoon chopped parsley.	2 tablespoons flour.

Drain the oysters, throw them into a saucepan and stir gently over the fire until the gills have curled. Rub the butter and flour together, then gradually add the milk, then add the onion, bay leaf, Worcestershire sauce, salt and pepper. Stir until boiling, then add oysters and when very hot remove bay leaf and serve in a shallow dish, garnished with triangular pieces of toast. Dust the top with the chopped parsley.

CREAMED OYSTERS.

2 dozen oysters.	⅛ teaspoon Bee Brand White Pepper
3 cups milk.	⅛ teaspoon Bee Brand Ground Mace.
¼ cup butter.	Freshly prepared toast.
¼ cup flour.	
½ teaspoon salt.	

Make a sauce of the butter, flour, milk and seasonings (follow recipe for white sauce). Drain oysters and heat over moderate fire until gills curl slightly.

Lift with wire spoon into white sauce. Let cook one minute, and serve on hot toast. Garnish dish with water cress or curled parsley.

BROILED HAM AND OYSTERS, CREOLE STYLE.

Carefully fry some thinly sliced boiled ham. Set in a warm place, and prepare white sauce and oysters as in above recipe. Only use ham fat from fried ham instead of butter for making the sauce.

Place ham around edge of warm meat platter, and pour prepared oysters in centre.

Delicious for breakfast, or Sunday night supper.

In planning your kitchen, see that range, sink, table and storage space for dishes and food supplies are in close relation to each other.

POULTRY AND OTHER MEATS

*"Now goose and turkey come, and hare,
And apple pie and custard,
And chicken and asparagus,
And Yorkshire ham and mustard."*

Even at the risk of losing some of the nourishing qualities in poultry and game, it should for sanitary reasons, be carefully washed in cold water. The process must be gotten through as quickly as possible, and the bird wiped inside and out at once with a soft cloth.

Chickens will broil in from thirty to forty minutes if very young and tender; fowls will take from one to two hours to roast. Ducks will take longer, and turkeys from two to three hours according to size.

ROAST CHICKEN.

1 chicken.
Stuffing.

1 cup stock or water.
Fat removed from fowl.

Pick out pin feathers and singe. Slit skin at back of neck lengthwise, cut off neck close to body, but leave enough of the loose skin to hold stuffing in place. Remove crop and wind-pipe from neck, rest of organs from small cut made at the other end of the fowl, being careful not to break gall-bladder. Remove oil gland from outside, wash quickly inside and out in cold water, wipe dry with a soft cloth. Stuff and truss. Wish-bone may be removed from neck cavity, and so simplify carving.

Turn loose skin back from neck opening and fasten neatly between shoulders by turning wings back and running a skewer through them. Force thigh joints flat on the body and skewer, or sew if necessary, using trussing needle. Tie ends of skewers to keep in place.

The man who does things with all his heart wins success,
It is the motive that makes the man.

Put fowl breast down in the roasting pan, add fat and put in quick oven for ten minutes, then sprinkle with salt and Bee Brand Ground Black Pepper, dredge with flour, and pour stock or water around. Baste every ten minutes and cook until tender. Time will depend on age of fowl. Turn breast side up to brown. If an old bird, steam for an hour or more, and then roast. If desired, the sinews may be removed by breaking legs below the knees and pulling out sinews one at a time, by twisting with a skewer, then cut off bone at knee joint.

CHICKEN GRAVY.

Pour off all the fat from roasting pan, reserving two tablespoonfuls. Into this put two tablespoons of flour and cook to a paste on top of stove. Add one cup boiling water or new milk and stir until desired thickness, season and strain through sieve.

STUFFING FOR CHICKEN OR TURKEY.

For each cup coarse bread crumbs allow four tablespoonfuls melted butter, one teaspoon Bee Brand poultry seasoning, one teaspoon salt. Melt butter, add crumbs and mix thoroughly. Stuff fowl at neck, as well as in lower openings.

SOUTHERN FRIED CHICKEN.

1 fat young chicken.	Salt, Bee Brand Ground
$\frac{1}{4}$ cup pure lard.	Black Pepper, flour
2 tablespoons butter.	for dredging.

Pick out pin feathers and singe. Remove organs as directed for roast chicken. Cut up in usual manner; wash and dry carefully, and put in earthen or enamel dish, then place on ice for twelve hours or more.

Put iron skillet or frying pan on the heat, then melt lard in this. Season each piece of chicken carefully and dredge with flour; put into hot fat and cook over moderate fire until slight crust forms on side next fire. Turn each piece over add butter and cover skillet for the rest of the cooking. When tender remove chicken to hot dish, and pour out the fat from the frying pan, reserving two tablespoonfuls for the gravy, and make after formula given for chicken gravy, using milk for the liquid. Serve gravy in separate dish. Garnish chicken dish with curled parsley.

Cheerful laughter is a good medicine, and the best known cure for the blues.

STUFFED LEG OF LAMB ROASTED.

Remove bone from hind quarter of a spring lamb, using a French knife, and pushing back the flesh as the knife is run round and round the bone. Rub cavity with cut surface of a raw onion, then with salt and Bee Brand Ground Black Pepper. Then fill with the following stuffing:

2 cups fine crumbs.	1 small Chili pepper cut
$\frac{1}{2}$ cup melted butter.	fine.
1 teaspoon Bee Brand.	1 teaspoon salt.
Powdered Thyme.	Dash of Bee Brand Paprika

Stuff and sew up opening, using fine cord and trussing needle. Dredge with flour, sprinkle with salt and Bee Brand Pepper. Pour around, one and a half cups melted dripping or water. Put in hot oven, and baste constantly. Cook first on one side, then on the other for about two and a half hours.

FRICASSEED FOWL.

1 chicken.	2 cups water.
Bunch of parsley.	$\frac{1}{2}$ cup cream.
1 heaping tablespoon	1 blade of mace.
butter.	2 egg yolks.
1 teaspoon scraped onion.	A few drops lemon juice.
1 tablespoon flour.	$\frac{1}{2}$ teaspoon meat extract.

Seasoning of salt, Bee Brand Ground Black Pepper and Bee Brand Celery Salt.

Prepare fowl as for fried chicken, put in saucepan with parsley, onion, mace and water, simmer slowly for one and a half hours.

Melt the butter in a saucepan, stir in the flour, blend till smooth, add the cream, also liquid in which fowl was cooked, lemon juice, meat extract, and seasoning, boil five minutes, pour over the beaten yolk of eggs. If not thick enough, cook over hot water until the sauce is the consistency of rich cream.

Pile the pieces of fowl in the center of a hot dish and strain the sauce over it.

This is a good way to use the remains of cold fowl, in which case the sauce is made first the cold fowl warmed in it, the sauce then strained over the yolks of eggs and the dish finished as above.

CASSEROLE OF RICE AND MEAT

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| 1½ cups cooked rice. | 1 teaspoon grated onion. |
| 2 cups cooked meat run through meat grinder. | 1 teaspoon salt. |
| 1 cup meat stock or hot water. | ¼ teaspoon Bee Brand Paprika. |
| 1 egg. | ¼ teaspoon Bee Brand black pepper. |

Grease a casserole and line with half of the rice. Beat egg slightly and add to meat and seasonings. Then add stock and turn into the casserole. Put rest of rice on top of meat mixture. Adjust cover and cook in slow oven half an hour. Serve with or without a tomato sauce.

LOUDOUN BAKED HAM.

To be at its best, the ham must be country cured, and preferably by a Virginia recipe.

Cover ham with cold water, let simmer gently, from two to three hours, or just long enough to loosen skin so it can be removed. Skim, put in a roasting pan in the oven, and prepare one pint liquid (half vinegar and half hot water), dissolve in this one teaspoon Bee Brand Ground Mustard, and pour mixture over the ham. Bake slowly for about two hours, basting constantly with the liquid. Then cover ham all over with coarse brown sugar, putting it on almost an inch thick. Press sugar down firmly, and do not baste again until sugar has formed a thick brown crust. Reduce heat little further for the process, as sugar burns easily. Let cook about one hour after sugar is put on, then drain from liquor and remove to large dish to cool. It is improved by turning another flat dish on top, and weighting this dish. After twelve hours it slices perfectly, can be cut very thin and used for sandwiches, or served as cold meat. Will keep a long time, and will be found most delicious.

When boiling a ham keep it well covered with water all the time. Replace from a boiling kettle water lost in the cooking.

BEEF STEW WITH DUMPLINGS.

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| 2 lbs. raw beef | 1 small onion and cut in pieces. |
| 2 cups potatoes peeled and cut in pieces. | 1 teaspoon salt. |
| ½ cup carrot scraped and cut in pieces. | ½ teaspoon Bee Brand black pepper. |
| ⅓ cup turnip and cut in pieces. | Flour for dredging. |

Wipe meat with damp cloth, cut in cubes, sprinkle with salt and pepper and dredge with flour. Cut off the fat and try out in frying pan. Add meat and stir constantly in order to sear the surface. When nicely browned, put in sauce pan, cover well with boiling water and let boil for ten minutes, then cook at simmering temperature for about three hours. Add more water if necessary during cooking. Add vegetables during last hour of cooking and thicken with two tablespoons flour rubbed smooth with little cold water.

DUMPLINGS FOR STEW.

1 cup flour.	1½ teaspoon butter.
2 teaspoons baking powder.	⅓ teaspoon milk.
¼ teaspoon salt.	

Mix and sift dry ingredients, work in butter with tips of fingers or cut in with two knives, add milk gradually, use more if necessary to make a soft dough. Round bits of dough up on teaspoon and push on top of stew. Quickly adjust cover and steam for about twelve minutes. Do not open until the time is out or the dumplings will not be light.

PLAIN ROAST BEEF—(Small Roast).

4 lbs. beef.	Salt, flour and Bee Brand white pepper for dredging.
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Wipe, trim and tie or skewer in shape. Place on rack in roasting pan, sprinkle with salt and pepper and dredge with flour. Put in hot oven at first to sear the surface and retain all juices. Put skin side down at first in order to expose the cut side to the strong heat. When meat is seared reduce heat. Baste with fat which has run into the pan. Do not add water if it can be avoided as it takes from the flavor. Baste every ten minutes. When about half done, turn meat over and dredge again in order to brown skin surface nicely. Have pan fit meat rather closely. Time for roasting beef should be twelve to fifteen minutes for each pound after cooking starts. When sufficiently cooked, place in hot dish in warming oven and make gravy in roasting pan. Pour off fat, measure four tablespoons fat and return this to pan, place over fire and sift four tablespoons of flour into the hot fat. Stir until well browned. Add gradually one and one-half cups boiling water and stir constantly until the mixture is the consistency of cream. Season with salt and Bee Brand black pepper. Remove from fire and strain into gravy bowl.

To have done anything well,
is sufficient reward.

BROILED BEEFSTEAK WITH MUSHROOM SAUCE.

Choose for broiling, Porter House, Sirloin, or cross cut Rump Steak. Steaks should never be less than one inch thick and may easily be two inches. Wipe meat with cloth wrung from cold water. Trim off superfluous fat. With this fat grease a wire broiler. Fasten meat inside broiler and cook over fire of red hot coals turning every few seconds in order to sear surface and retain juices. Cook ten to fifteen minutes according to taste and heat of coals. Remove to hot platter and spread with butter and salt and Bee Brand black pepper.

MUSHROOM SAUCE—(Miss Farmer).

1 can mushrooms (pint size).	2 cups meat stock.
¼ cup butter.	1 teaspoon salt.
¼ cup sifted flour.	¼ teaspoon Bee Brand. white pepper.
1 teaspoon lemon juice.	

Drain and rinse mushrooms and finely chop, one-half of them. Cook in the butter and lemon juice about three minutes, drain, add the flour to the butter in the pan and rub smooth, add meat stock gradually. Cook until consistency of cream, add removed mushrooms and those reserved at first (cut these in quarters). Cook all together a minute or two. Season with salt and pepper and pour around steak.

PAN BROILED PORK CHOPS.

Wipe chops with cloth wrung from cold water. Sprinkle with salt and Bee Brand pepper. Place in a hot iron frying pan and cook slowly until tender and nicely browned on both sides. Serve with fried apples or tomato sauce.

ENTREES AND SIDE DISHES

MUSHROOMS STEWED IN CREAM.

Remove stems and peel caps of mushrooms. If large, break in pieces, if small leave whole. For a pint of peeled mushrooms, scald three-quarter pints of cream. Rub to a paste, one teaspoonful sifted flour with two tablespoons of cold cream. Add to the scalded cream and let cook until slightly thickened; add mushrooms and let simmer gently about ten minutes; add three-quarter teaspoon salt and one-quarter teaspoon of White Pepper (Bee Brand). Serve in a deep dish or on slices of delicately browned toast.

MUSHROOM SAUCE FOR BEEFSTEAK, OMELETS, ETC.

Use stems of mushrooms which have been set aside when caps were used for more elaborate dish.

1 cup mushroom stems.	1 teaspoon salt.
1 pint thin cream or rich milk.	$\frac{1}{2}$ sweet red pepper cut in strips.
3 tablespoons sifted flour.	$\frac{1}{2}$ sweet green pepper cut in strips.
2 tablespoons butter.	

Melt butter in a saucepan. Add flour and rub smooth; add milk and stir constantly until thickened and free from lumps add mushroom stems and simmer gently about eight minutes, add salt and shredded pepper and serve around steak or in separate dish.

MUSHROOMS IN BREAD CASES.

1 pint mushroom caps.	$\frac{1}{2}$ teaspoon salt.
1 pint thin cream or new milk.	$\frac{1}{8}$ teaspoon Bee Brand White Pepper.
3 tablespoons butter.	6 or 8 bread cases.
3 tablespoons flour.	

"Bee Brand" Extracts improve the delicious flavor of the finest prepared fruit.

Melt butter in saucepan and allow to brown slightly; add flour, rub smooth; add cream and stir until thickened. Then put in mushrooms and simmer gently on cooler part stove from eight to ten minutes. Add seasoning and turn at once into the prepared cases, and serve for luncheon or tea.

TO PREPARE BREAD CASES FOR CREAMED MEATS, OYSTERS, ETC.

Take a loaf of stale bread. Cut in slice about three inches thick, remove crusts and with a sharp pointed knife cut a hollow in the centre of the cube of bread, to serve as a nest for desired filling. Brush with melted butter inside and out, and brown delicately in oven. They are then ready for use.

MUSHROOMS AU GRATIN.

Prepare mushrooms as in above recipe, only do not brown the butter. Turn mixture into individual au gratin dishes; cover with buttered crumbs and set in slow oven until crumbs are brown.

TO PREPARE BUTTERED CRUMBS.

Take a cup of fine sifted white bread crumbs, and stir into them two tablespoonfuls of melted butter. The dried sifted crumbs may be prepared and kept on hand, if put in tightly closed, sterilized jars. The butter is, of course, not added until the crumbs are used.

WHITE OR BROWN SAUCE FOR VARIOUS KINDS OF CREAMED DISHES.

2 tablespoons of butter.	$\frac{1}{4}$ teaspoon salt.
2 tablespoons of flour.	$\frac{1}{8}$ teaspoon Bee Brand
1 cup milk.	White Pepper.

Put butter in saucepan, and let melt over fire. Add flour and stir to smooth paste, then add milk and stir constantly, going well around the edges of the vessel to avoid lumps. When material is of desired thickness, add seasoning and remove from fire. If properly made, straining is unnecessary.

The seasoning may be varied by using Bee Brand Cayenne, Bee Brand Paprika, Bee Brand Onion Salt, etc., according to dish to be made.

Do not bother about what others may say, if you know
in your own heart you are right.

If brown sauce is desired, allow the butter to brown slightly before adding flour; or use flour which has been already browned by stirring in a saucepan over stove. In this latter case, use larger proportion of flour, as the browning process lessens thickening power of the flour.

SAUCE FOR CROQUETTE MIXTURES.

Use recipe above, only double quantity of flour, and use about one cup of sauce for two cups of prepared meat.

ROASTED SWEETBREADS AND BROWN GRAVY.

Soak sweetbreads in cold salted water (allow a teaspoon of salt to a quart of water) for an hour or more; dry on a clean cloth; drop in boiling water to cover and let stand twenty minutes on back of stove over a very moderate fire. Drop in cold water to harden, and allow to stand in this for eight or ten minutes; brush with butter, and simmer in a granite pan, basting with a cup of stock or hot water with two tablespoons of butter in it. When they are slightly browned, remove from pan, and roll in beaten egg and finely sifted bread crumbs; return to oven to brown further, and serve with brown gravy.

BROWN GRAVY.

Brown two tablespoons flour in a frying pan, stirring constantly until the proper color is reached. Mix to a paste with two tablespoons cold water, and one teaspoon lemon juice. Add enough stock to make the consistency of thick cream. Add one teaspoon of salt, one-quarter teaspoon Bee Brand White Pepper, one-eighth teaspoon Bee Brand Powdered Mace. (This may be omitted). Pour gravy over sweetbreads and serve hot.

ANNAPOLIS BEEF LOAF.

1½ lbs. ground round steak.	½ teaspoon minced onion.
1 egg.	¼ teaspoon Bee Brand Ground Celery Seed.
1 tablespoon cream.	½ teaspoon Bee Brand Black Pepper.
¾ cup fine bread crumbs.	1 teaspoon salt.
2 tablespoons butter.	Few drops Tobasco Sauce, if desired.
½ minced sweet green pepper.	

Any man can be a follower,
but it takes a real man to be a leader.

Beat egg slightly, add to meat with other ingredients, mix thoroughly, shape in a ball. Put in well-greased baking pan. Add butter to a cup of warm water; this for basting the loaf. Stock may be used for basting, and butter omitted. Baste frequently and cook for about forty minutes in steady heat. Serve with gravy made of liquid in pan.

BALTIMORE LIVER RELISH.

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| 4 large chicken livers (pan
broiled). | 1 tablespoon minced
parsley. |
| 3 hard boiled eggs. | Bee Brand Onion Salt. |
| 2 small cucumber pickles. | $\frac{1}{2}$ cup highly seasoned |
| $\frac{1}{2}$ cup minced celery. | Mayonnaise (Bee Brand). |
| Salt, Bee Brand Paprika. | |

Run all materials through a meat chopper; mix with mayonnaise, and serve on toasted crackers for Sunday night tea; or use as a filling for sandwiches.

MOCK TERRAPIN OF LIVER.

Enough calf's liver to fill a pint cup after the meat has been pan broiled, and trimmed and ground, or chopped fine.

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| 2 hard boiled eggs. | $\frac{1}{8}$ teaspoon Bee Brand |
| 2 tablespoons flour. | Ground Mace. |
| 3 tablespoons butter. | $\frac{1}{8}$ teaspoon Bee Brand |
| $\frac{3}{4}$ cup thin cream. | Paprika. |
| 1 teaspoon of salt. | 1 gill best sherry. |

Rub butter and flour together and add to meat in saucepan; then add seasoning to cream. Cook over very slow fire until thoroughly heated. Chop eggs very fine and add to saucepan a few minutes before removing from fire. After lifting from fire add wine and serve at once.

CREAMED GIBLETS ON TOAST.

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| 1 cup giblets. | 1 tablespoon finely chopped |
| 1 pint prepared sauce. | parsley. |
| 6 slices prepared toast. | |

Simmer giblets over slow fire until tender (the livers cook very quickly, but gizzards take more time), cut in pieces of uniform size, and add the white or brown sauce made after recipe given. Serve on hot toast, and garnish with quarters of hard boiled eggs cut lengthwise.

For the unexpected guest "Bee Brand" Gelatine is a delicious and appetizing dessert.

JELLIED MEAT.

2 cups cooked meat finely chopped.	Salt and Bee Brand Cayenne.
1 cup meat stock (cold).	Bee Brand Onion Salt.
1½ tablespoon Bee Brand Powdered Gelatine.	Speck Bee Brand Powdered Mace, if desired.
1 cup broth or hot water.	

Dissolve the gelatine in a little of the cold stock, add to hot broth and stir until perfectly dissolved. Mix seasoning well through the meat, pour stock over this and mix again. Mold in a brick or oval shaped mold (a melon mold makes a very attractive form). Set in a cold place to chill, and serve whole on prettily garnished dish.

CHICKEN GLACE.

Follow recipe given above for jellied meat, using the water in which chicken has been boiled for the stock. Decorate an oval shape mold with hard boiled eggs cut in slices. Put in the mixture, being careful not to disturb the egg. Chill, turn from the mold and serve. A half teaspoonful of pounded celery seed is an improvement to this dish.

TOMATO CREAM MOUSSE—(Janet M. Hill).

2 cups strained tomato.	½ teaspoon salt.
Juice ½ lemon.	1 teaspoon finely chopped parsley.
1 teaspoon onion juice.	Tobasco sauce.
1 cup chicken broth.	1 finely chopped pimento.
2 tablespoons Bee Brand powdered gelatine.	½ cup cream beaten stiff.

Soak gelatine in half the broth and dissolve in the other half, heated to the boiling point. Add all the other ingredients except the cream. Set in pan of ice water and stir until beginning to stiffen, then fold in the beaten cream. Put in molds which have been wet with cold water. Let stand over night. Unmold on white lettuce and serve with French dressing. Before serving sprinkle finely with fine parsley and young chives mixed together.

Cooked asparagus cut in half inch lengths may replace the tomato in this recipe.

The child's mind is like dough, easily moulded. Be careful, therefore what you say and do in the presence of children.

COLD MEAT COOKERY

"Now, good digestion wait on appetite, and health on both."

Cold meat is by most people objected to as unappetizing and not easily digested. The re-heating, however, requires much more care than is generally given to it, and the want of this care frequently results in unpalatable hashes and stews to which cold meat would be infinitely preferable.

All gristle, skin and fat that will not be eaten should be removed when preparing the meat for reheating, as there is no economy in serving these things, and the dish will be spoiled by their presence.

When beef, veal, chicken, etc., are no longer to be served in their original form, the usable parts should be cut into pieces and trimmed carefully, the bones, gristle and any overcooked edges being placed with a little minced vegetable, herbs and seasoning in a saucepan with cold water, and simmered gently to extract all flavor and furnish a supply of stock for gravy, etc.

It is a common mistake to imagine that meat once cooked needs only to be heated. Having lost a great deal of its juices in the first cooking, when re-heated in good well flavored stock or gravy considerable time is required to blend the flavor.

If plenty of time is not given to the process, the flavor of the meat will be quite distinct from that of the gravy, and in all probability the former will be hard and tough. Long, gentle simmering is as necessary for cold meat as for fresh. Hash (by which we understand meat in slices or small pieces, say half inch cubes, cooked in a good gravy, with garnish of vegetables), should be prepared from the best remaining parts of a joint.

Nearly all dishes made from cold meat will be greatly improved if served with such accompaniments as vegetables, rice, tomatoes, bacon, macaroni and vermicelli.

Don't put off your manners with street clothes.
Use your best manners at home.

SHEPHERD'S PIE.

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| 1 lb. chopped cooked meat. | Few grains Bee Brand |
| 2 lbs. mashed potatoes. | Paprika. |
| 1 sliced onion. | 1 tablespoon butter. |
| Salt and Bee Brand | $\frac{1}{2}$ cup water. |
| Ground Black Pepper. | $\frac{1}{2}$ teaspoon meat extract. |

Fry the onion in the butter, put into a pudding dish a layer of the potato, a little seasoning, a layer of the meat, then onion, pour over the water, in which the meat extract has been dissolved, and continue the layers until the dish is full, covering over the whole with a layer of potatoes. Make the potatoes rough on the top with a fork, put on a few pieces of butter and bake until browned. Serve hot.

HASHED BEEF.

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| 1 lb. cold cooked beef, cut
in thin slices. | 1 sliced turnip. |
| 2 small tomatoes. | $\frac{1}{4}$ teaspoon Bee Brand |
| 1 tablespoon butter. | Celery Seed. |
| $\frac{1}{2}$ teaspoon salt. | 1 tablespoon flour. |
| $\frac{1}{4}$ teaspoon Bee Brand | 1 cup gravy or water. |
| Ground Black Pepper. | 1 tablespoon Worcester-
shire sauce. |
| 1 sliced carrot. | 1 small onion sliced. |

Put the butter into a saucepan, and when quite hot, brown in it the flour, add the water or gravy, and boil up. Add the tomatoes, carrot, turnips, onion. Worcestershire sauce, pepper and salt; simmer slowly for one hour, skim the fat from the gravy, lay in the meat, and cook gently for forty minutes.

Dish neatly, and strain the gravy over dish contents.

Garnish with toasted croutons and parsley. If liked, the vegetables may be dished in the centre.

SALMON A LA CREME.

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| 1 lb. cold salmon or 1 can
of salmon. | Few grains Bee Brand |
| 1 tablespoon butter. | Paprika. |
| 1 tablespoon flour. | Little lemon juice. |
| Salt and pepper to taste. | 1 cup fish stock or milk. |

You have never appreciated the delightful delicacy of true Vanilla Flavor unless you have used "Bee Brand" Vanilla.

Blend together in a saucepan the butter and flour, then gradually add the stock or milk, boil for five minutes stirring all the time, then add seasonings, the salmon in as large pieces as possible (if canned salmon is used, take care to strain it from the oil) allow this to heat through, but not to boil; lift out the salmon carefully, add to the sauce the lemon juice, and strain over the salmon.

Garnish with parsley.

MELMORE BEEF EN CASSEROLE.

1 lb. of cooked steak.	1 quart cold water.
1 bay leaf.	4 hard boiled eggs.
4 cloves.	$\frac{3}{4}$ cup sifted crumbs.
2 teaspoons salt.	5 tablespoons butter.
1 onion.	5 tablespoons flour.
Bee Brand Cayenne Pepper and Paprika.	

Cut meat in pieces, put in saucepan, add seasoning and water. Put over slow fire and simmer for two hours, keeping covered all the time. Allow meat to cool in the liquor in which it was cooked. Grind meat in meat chopper (there will be about three cups) and reserve liquid. For each cup of meat make a half cup of sauce after the recipe for white sauce, using the meat stock of the liquid instead of milk. Use three tablespoons of the butter with two of flour for the sauce. Strain out the bay leaf, onion, etc., and use one and a half cups of liquid if you have three cups of meat. Prepare the buttered crumbs by pouring the extra two tablespoons of butter over them and mixing thoroughly with a fork. Put material in a buttered earthen casserole—a layer of meat, then sliced eggs, then sauce. Make in two layers and cover with the crumbs. Cook with cover on dish in moderate oven about twenty minutes; remove cover and brown.

Optimism is the quality of being cheerful
under adverse circumstances.

CREAMED MEAT ON TOAST.

1 cup cooked meat (beef, lamb, mutton, etc.)	2 finely chopped hard boiled eggs.
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2 cups white sauce.

Salt and Bee Brand cayenne pepper for seasoning.

Six slices toasted bread buttered.

Prepare white sauce after recipe given, using meat stock or milk for liquid (stock is better). Add meat finely ground, get hot through, add eggs and place a generous spoonful of mixture on each slice of toast.

VEGETABLES

*"All human history attests
That happiness for man—the hungry sinner—
Since Eve ate apples, much depends on dinner!"*

If we are on the alert to get the benefit of what is passing before our eyes and ears, we have already learned valuable lessons from the Vegetarian Society as to the real benefit to be derived from eating this class of food.

While we would not care to follow so closely in the footsteps of our good friends, the Vegetarians or the still more unorthodox cult, eating only uncooked food, we can learn valuable lessons from both parties.

The expression is all too common, "there is nothing to do with vegetables but cook them." Certain vegetables can often be served uncooked to advantage, and again in the cooking there is all the difference between careless, stupid work, and that which is inspired by an intelligent interest and a real desire to make the best of what lies at hand.

In the cooking of vegetables, the economical and tasteful housewife can find an expression for her individuality as she can do in few other lines of food service. It is often possible to combine two vegetables to advantage; also to serve them with cream sauce as well as plain.

By the addition of meat flavors (using some left-over stock), cheese, etc., we may add largely to the food value of the dish, and save many meat bills.

The principal value of vegetables lies in the mineral salts, (iron, phosphorous, potash, etc.) which they contain.

The frame-work or skeleton of most vegetables (cellulose), supplies needed bulk to our food, and in this way corrects the tendency to eat too concentrated food. Beans, peas, lentils, etc., all contain large amounts of vegetable protein, and can often be used as meat substitutes.

Better be without food than without honor.
The first step toward greatness is to be honest.

Tomatoes may sometimes be added to these to advantage, and may be combined with them in the cooking in various ways, or used as a sauce or served raw as an accompaniment. Sweet peppers, both ripe and green, are also of value in this way.

The following recipes will serve as suggestions to the alert and inventive housekeeper:

PLAIN MASHED POTATOES.

6 potatoes.

2 tablespoons butter.

$\frac{1}{2}$ cup hot milk.

Salt and Bee Brand White
Pepper.

Wash and peel potatoes. If large, cut in halves. Keep in water until ready to cook, to avoid discoloration. Put in a saucepan and cover with boiling water, add a teaspoon of salt and allow to bubble gently until tender when tried with a fork (it takes twenty or thirty minutes). Pour off water and set vessel uncovered on back of stove to dry out extra moisture. Run through a vegetable or fruit press, then beat well, adding hot milk and butter, pepper and more salt if needed. Turn into hot dish, and serve at once, uncovered.

KENTUCKY POTATOES.

Potatoes.

White sauce.

Minced onion.

Chopped parsley.

Salt and Bee Brand White
Pepper.
Buttered crumbs.

Wash and peel potatoes; slice in thin rounds; measure and for each cup of potatoes prepare a cup of white sauce (see recipe), half teaspoon of the onion and same amount of parsley. Season sauce and put in dish in alternate layers with the potatoes. Cover with buttered crumbs and bake in hot oven from thirty to forty minutes.

STUFFED SWEET PEPPERS.

6 large sweet peppers.

1 onion, finely chopped.

2 tablespoons butter.

$\frac{1}{2}$ cup brown sauce.

1 hard boiled egg, chopped.

4 tablespoons cooked ham,
run through grinder, or
chopped very fine.

Salt and pepper.

1 cup buttered crumbs.

When nature improves on her present products, then only can we make better goods. We use Nature's best.

Remove slice from stem end of pepper. With sharp knife take out seeds and white veins, then drop in hot water and allow to simmer ten minutes. Then plunge at once in cold water to harden.

Cook onion in butter a few minutes, add rest of the ingredients, mix well, and cool. Sprinkle pepper lightly with salt inside. Stuff with mixture and bake in earthen dish until lightly browned.

STUFFED TOMATOES.

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| 6 fine tomatoes. | 1 egg (well beaten). |
| 1 small onion. | 1 teaspoon salt. |
| 3 tablespoons butter. | $\frac{1}{4}$ teaspoon Bee Brand |
| $\frac{3}{4}$ cup finely chopped | Black Pepper. |
| cooked chicken or | $\frac{1}{8}$ teaspoon Bee Brand |
| veal. | Paprika. |
| $\frac{1}{2}$ cup stale crumbs from | |
| inside of loaf of bread. | |

Wash, wipe and remove centre from stem end of tomatoes. Sprinkle cavity with salt, and invert and drain for about twenty minutes. Chop onion very fine (there should be one tablespoon), and simmer five minutes in the melted butter. Add crumbs and seasoning, mix well, then add meat and allow to get hot, add egg and remove from fire. Fill tomatoes with mixture. Bake in greased pan in quick oven twenty minutes.

SOUTHERN CORN PUDDING.

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| 6 ears sweet corn. | 2 eggs. |
| 3 tablespoons melted | 1 pint milk. |
| butter. | 2 tablespoons flour. |
| 1 teaspoon salt. | 1 tablespoon sugar. |
| $\frac{1}{4}$ teaspoon Bee Brand. | |
| White Pepper. | |

Cut corn from the ear, being careful to avoid cutting the cob. Scrape cob with back of knife to get out the heart of the corn. Add butter, salt, pepper and sugar to the cut-off corn. Beat eggs slightly and add these also, then beat again thoroughly. Smooth the flour in a little of the milk, stir into rest of milk and add all to corn mixture. Pour into an earthen baking-dish, and bake in rather moderate oven about one hour. Cover after the first half hour. Half of this recipe will serve four people.

Do not consider your duty done when you have put food of one kind or another on the table.

CARMEL SWEET POTATOES.

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| 1 qt. hot mashed sweet potatoes. | 3 tablespoons sugar. |
| 3 tablespoons melted butter. | 1 tablespoon Bee Brand Powdered Cinnamon. |
| 3 tablespoons hot milk. | 1 cup Karo corn syrup. |

Mix sugar and spices, and add with milk and butter to potatoes. Beat with wire beater until light. Form in a mound on a well buttered earthen or granite ware plate. Make round cavities about one and a half inches deep around the mound of potatoes and fill with the syrup. Put in a moderate oven and brown slightly.

MARSHMALLOW SWEET POTATO PUFF.

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| 3 large sweet potatoes
(enough for 3 cups). | 2 dozen marshmallows. |
| $\frac{3}{4}$ cup brown sugar. | 6 tablespoons melted butter. |
| $1\frac{1}{2}$ teaspoons Bee Brand powdered cinnamon. | $\frac{3}{4}$ cup hot milk. |

Boil potatoes until tender, remove skin, and beat until light. Use perforated spoon for beating. Add butter and hot milk during process. Put half the mixture in a buttered baking dish. Over this sprinkle half of the sugar and spice mixed together. Above this put half the marshmallows cut in four pieces each. Repeat for top layer. Put in moderate oven to brown delicately.

SWEET POTATO CROQUETTES.

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| 2 cups boiled, steamed
mashed or baked sweet
potatoes. | Salt and Bee Brand
Ground Black Pepper. |
| 2 eggs. | 1 beaten egg. |
| | Some fine bread crumbs. |

Add yolks of the eggs to the potatoes and season to taste with salt and pepper; stir over the fire until the mass comes away from the sides of the pan.

When cold, form into small croquettes, brush over with beaten egg, roll in bread crumbs, fry in smoking hot fat until a golden color.

This croquette mixture may be made into balls inclosing chopped cooked meat. When used in this way serve with sauce.

SOUTHERN SWEET POTATOES.

Some cooked sweet
potatoes.
Brown sugar.
Butter.

One cup boiling water.
A little grated Bee Brand
Nutmeg.

Cut cold boiled sweet potatoes in lengthwise slices. Arrange in layers in a buttered baking dish. Cover each layer with brown sugar, dot with butter, sprinkle with nutmeg, add boiling water and bake in a hot oven.

CREAMED PEAS AND CARROTS.

1 bunch tender carrots.
1 can peas.

1 rounded teaspoon sugar.
1½ cups white sauce.

Wash and scrape carrots, cut in round slices, and then in quarters. Put in boiling salted water, to cover. Add sugar and cook until tender. Drain, add peas drained from their liquor and heated, mix with a fork, and pour over the hot white sauce. Fresh peas may be substituted for canned, and must be cooked in separate vessel before adding to carrots.

STRING BEANS IN CREAM.

1 quart string beans.
2 tablespoons butter.
½ cup cream.

Salt and Bee Brand
Ground Black Pepper.

String the beans and cut up in inch pieces sufficient to make one quart. Cook in boiling salted water until tender. Drain, and put back in the saucepan with the butter, salt and pepper, then add the cream. Let come to the boiling point, and serve.

STUFFED EGG PLANT.

1 egg plant.
2 tablespoons butter.
1 cup bread crumbs.
½ tablespoon chopped
onion.

1 beaten egg.
Salt and Bee Brand
Ground Pepper.

Never ridicule the faults of others,
use the efforts to correct your own.

Cook the egg plant in boiling salted water for fifteen minutes. Cut a slice from the top—with a spoon remove the pulp. Chop the pulp, add bread crumbs, butter, onion, salt and pepper. If too dry add a little water. Cook for five minutes. Cool slightly and add the beaten egg. Fill egg plant with this mixture, sprinkle with bread crumbs and bake for twenty minutes.

GREEN PEA TIMBALES.

2 cups cooked peas.	Salt, Bee Brand Ground
4 tablespoons milk or stock.	Black and Red Pepper.
	Whites of three eggs.
$\frac{1}{4}$ teaspoon chopped onion.	

Press the cooked peas through a sieve, add milk or stock, chopped onion, salt, pepper, red pepper, and the whites of the eggs beaten until stiff. Press into buttered timbale molds, set in a pan of hot water, and bake in a moderate oven till firm. Unmold, serve on hot platter. Garnish with a sprig of parsley on the top of each timbale, serve with white sauce.

PARSNIPS A LA FRANCAISE.

4 parsnips.	4 tablespoons bread
Few drops lemon juice.	crumbs.
1 egg.	1 tablespoon chopped
	parsley.

Peel and wash the parsnips, and, if large, cut in half; throw in plenty of boiling water, containing a little salt and lemon juice. When tender, lift out and drain, brush over with beaten egg, and roll in bread crumbs. Put in a pan and set in a hot oven and brown quickly, sprinkling with the parsley. Dish in a pyramid and pour round melted butter sauce.

STUFFED ONIONS.

8 to 10 medium sized onions.	Seasoning of salt and Bee
1 tablespoon butter.	Brand Ground Black
Some chopped mushrooms.	Pepper.
1 cup bread crumbs.	Grate of Bee Brand Nut-
3 tablespoons white sauce.	meg.
	Bread crumbs.

To make and keep friends be ever cheerful.
He who sows courtesy reaps friendship.

Peel the onions, parboil them in boiling salted water with the butter. Drain and cool.

Carefully scoop out the centre part of each onion and chop very fine, with half its quantity of chopped mushrooms.

Put it in a saucepan with the cup of bread crumbs, salt, pepper and nutmeg, then add the white sauce (see recipe), mix well, and stuff the centre of the onion with this mixture.

Place them on a buttered tin, sprinkle the tops with bread crumbs, put a small piece of butter on each one, and bake in a moderate oven for half an hour.

Half a cup of nut meats may replace the mushrooms if desired.

MACARONI AU GRATIN.

$\frac{1}{4}$ lb. macaroni.	$\frac{1}{2}$ cup sifted bread crumbs.
1 cup white sauce (see recipe for white sauce).	2 tablespoons melted butter.
$\frac{3}{4}$ cup grated cheese.	

Break macaroni in inch length pieces, and cook in rapid boiling salted water for half an hour, or until quite tender, (the rapid boiling keeps the pieces of macaroni from sticking together), drain, mix with the white sauce to which you have added the cheese. Turn into a buttered dish. Stir melted butter through the crumbs and use to cover prepared macaroni. Let brown slightly and serve.

MACARONI CROQUETTES.

(1 Dozen Croquettes).

$\frac{1}{4}$ lb. macaroni.	Speck Bee Brand Cayenne.
1 cup milk.	1 egg white slightly beaten.
3 tablespoons flour.	1 tablespoon water.
2 tablespoons butter.	2 cups fine bread crumbs for coating.
$\frac{3}{4}$ cup grated cheese.	Fat for frying.
1 teaspoon salt.	
$\frac{1}{2}$ teaspoon Bee Brand. paprika.	

"Give to the world the best you have and the best will come back to you."

Cook macaroni after direction given for Macaroni au Gratin. Make a white sauce of the milk, butter and flour. Over the drained macaroni sprinkle seasonings and cheese. Stir the white sauce into this, and put in a wooden chopping bowl and chop fine. Leave until cool. Drop by rounded tablespoonfuls on a board spread with the sifted crumbs. Roll under the hand in cylinder shape. Drop in egg white mixed with the water. Again roll in crumbs. Repeat process until mixture is used up. Have fat hot, fry, drain on soft paper.

MACARONI A L'ITALIENNE—(Mrs. Piatelli).

Cook macaroni in boiling salted water according to directions given, (breaking in inch lengths first) drain and serve with tomato sauce in which a sweet green pepper and two cloves of garlic have been cooked (they must be chopped fine). With this grated cheese may or may not be served.

CREAMED TURNIPS.

4 medium sized turnips.	$\frac{1}{4}$ teaspoon of Bee Brand
1 tablespoon of sugar.	white pepper.
1 cup of white sauce.	$\frac{1}{2}$ teaspoon salt.

Peel turnips and cut in cubes. Boil in salted water until tender. Add sugar after first ten minutes. Drain. Put in hot dish and pour white sauce over.

SPINACH WITH STUFFED EGGS—(Mrs. Hill).

$\frac{1}{2}$ peck of spinach.	$\frac{1}{4}$ teaspoon Bee Brand
3 tablespoons butter.	curry powder.
2 tablespoons rich cream.	$\frac{1}{4}$ teaspoon Bee Brand
4 hard boiled eggs.	paprika.
$\frac{1}{2}$ teaspoon salt.	$\frac{1}{2}$ cup grated ham.

Pick over spinach and wash until free from all grit. Cook in covered saucepan until tender, adding no water except that already on the leaves, and watch to avoid burning. Drain. Chop very fine and season with salt, butter and pepper. Set over hot water to keep hot. Cut eggs in halves cross ways, remove yolks and mash fine with cream. Add salt and cayenne and ham. Use only enough cream to hold mixture together. Fill halves of eggs rounding them on top. Mound spinach on round hot platter and decorate with the stuffed eggs.

"Banquet Teas" awarded GOLD MEDAL
Jamestown 1907. San Francisco 1915.

ASPARAGUS WITH DRAWN BUTTER SAUCE.

Wash asparagus and cut off tough parts, scrape if necessary. Tie together loosely and cook in boiling salted water until perfectly tender. Drain, put on hot dish and cover with Drawn Butter Sauce (see recipe).

Hatred and malice corrode and tear down the body.
Talent sees opportunity, genius creates it.

SALADS

*“Our Garrick’s a salad, for in him we see,
oil, sugar and saltness agree.”*

—Goldsmith.

An old Spanish proverb says it takes four persons to make a successful salad; a spendthrift to throw in the oil, a miser to drop in the vinegar, a lawyer to administer the seasoning, and a madman to stir the whole together.

Vegetables, such as beans, peas, and kidney beans, when used for salad, should, after boiling, be quite cold and thoroughly well drained before using. A little chopped parsley, and a suspicion of onion should be added to them when placed in the bowl.

Amongst the vegetables appropriate for salads in addition to the first mentioned, are asparagus, artichokes, boiled beets, celery, cucumbers, tomatoes, cauliflowers, dandelions, string beans, lentils, broad beans, radishes, salsify, chicory, watercress, mustard and cress, chives, and a variety of herbs, which served with others, give piquancy to the flavor, and aid digestion.

A salad well prepared and garnished is a most charming compound. For the garnishing, only such things as can be eaten with the mixture should be used, such as bright radishes, sliced beets and cucumbers, hard cooked eggs, nasturtium leaves and flowers, and marigolds may also be used.

Both the latter flowers are edible, and leave a pleasant flavor.

As a nation, we are learning more and more the value of salads in our diet. Our friends across the water have always been far in advance of us on this point, and even now we would do well to follow their custom of using salad herbs more, and heavy meat salads less.

A salad should be a definite part of the meal, not an extra part thrown in after our own generous and unwise fashion.

Your dealer can get Bee Brand goods for you
if he does not handle them.

If we have a rather substantial meal otherwise, by all means let us have a light salad of cress or lettuce with a simple French dressing. On the other hand, with a simple meal, the salad may be more elaborate as to materials used, and can oftentimes be served with a bit of cheese and a toasted cracker, omitting the dessert in a family dinner.

Care should be exercised in preparing all salad plants. Examine each leaf for tiny insects, wash and dry it carefully, wrap in cheese cloth and lay on ice until time to dress it for the table.

The three C's should always be kept in mind in preparing a salad of raw material—let it be **clean**, **cool** and **crisp**.

TOMATO SALAD.

6 medium sized tomatoes.	1 sweet green pepper cut
1½ cups celery cut in	in bits.
cubes.	

Scald and peel tomatoes, cut off stem end, scoop out part of the inside, sprinkle cavity with salt, and fill with celery and green pepper. Serve with Bee Brand Mayonnaise dressing.

FRUIT SALAD.

2 oranges.	4 slices canned pineapples.
1 grape fruit.	12 walnut meats.
2 bananas.	

Peel and cut fruit in cubes, and nuts in pieces. Just before serving cover with fruit salad dressing.

VEGETABLE SALAD IN A MIRATON OF EGGS.

1 cup cold cooked carrots.	1 tablespoon Bee Brand
1 cup cold cooked potatoes.	Gelatine.
1 cup cold cooked peas.	3 eggs.
1 cup cold cooked string	
beans.	

Lazy people work twice as hard as diligent, but never accomplish half as much.

Cut carrots and potatoes in cubes and cut beans in inch-long pieces. Marinate each material separately with French dressing. Arrange on round platter in a mound, keeping each in its own section. Put a border of hard-boiled eggs cut in quarters lengthwise, and fasten to the platter by means of a few drops of melted gelatine (cut off the extreme point of the end of the egg resting on the dish before touching with the gelatine, and before putting in salad) and let harden. A spray of feathery parsley may be placed between every other piece of egg if desired. Place eggs so that the yolks face edge of platter.

MEAT SALAD (Chicken or Veal).

2 cups cooked chicken cut in dice.
1 cup crisp white celery, cut in dice.
2 tablespoons of Capers.

Marinate with French dressing, and just before serving cover with Bee Brand Mayonnaise dressing, and garnish with curled white celery leaves, or lettuce cut in tiny strips and piled lightly around the outer edge of the platter.

CRESS, CELERY AND NUT SALAD.

Use equal quantities of watercress and diced celery, sprinkle with nut meats (English walnuts or pecans) cover with French dressing and serve.

WATER LILY SALAD.

(Miss Lilla Frisch).

Allow one egg for each service. Remove shells from desired number of hard boiled eggs, cut in halves crosswise, using a fine French knife, and cutting in such a way as to leave edges in sharp points. Remove yolks, mash and season with melted butter, salt and Bee Brand Ground Black Pepper, or moisten with mayonnaise. Refill white cups with mixture and arrange on heart lettuce. Bee Brand Mayonnaise may be served with the salad also.

Cleanliness in the kitchen
is more important than in the parlor.

FISH SALAD.

- | | |
|--------------------------|----------------------------|
| 1 cup cold cooked fish. | 3 pickled gherkins. |
| 1 lettuce. | 1 slice of cooked beet. |
| 3 tablespoons olive oil. | Bee Brand Pepper and Salt. |
| 1 tablespoon vinegar. | Few grains of Bee Brand |
| 1 hard boiled egg. | Ground Red Pepper. |
| ½ lemon. | |

Free the fish from bones; separate the pieces into small flakes; mix with the lettuce, which must be well washed, wiped and divided into shreds, season with salt, pepper and red pepper. Mix the oil and vinegar so that both are well incorporated; then pour over the fish and lettuce; mix carefully, and dish up in a pile on a china dish or salad bowl.

Garnish with slices of lemon, sliced gherkins, or other green pickles, slices of beet, slices of hard cooked eggs, and some chopped parsley.

CHIFFONADE SALAD.

- | | |
|-------------------------------|-----------------------------------|
| 1 cup diced celery. | Bee Brand Mayonnaise |
| 1 cup pulp of grape fruit. | Dressing. |
| 5 sliced and peeled tomatoes. | Chopped olives. |
| 4 chicory leaves. | Chopped parsley. |
| French dressing. | Green peppers cut in thin strips. |

Break the chicory leaves into pieces for serving. Marinate all the different vegetables and grapefruit with French dressing. Arrange in separate mounds on a serving dish. Garnish each with the olives, parsley and green peppers. Pass Bee Brand Mayonnaise dressing.

WALDORF SALAD.

- | | |
|---------------------------|-----------------------|
| 2 cups diced tart apples. | 1 cup English walnuts |
| 2 cups diced celery. | chopped. |

Mix and pour over all Bee Brand Mayonnaise dressing. Serve cold on crisp lettuce leaves.

All the wit in the world it not in one head—
He who is pleased with himself grows no more.

AMERICAN BEAUTY SALAD.

- | | |
|---|--|
| 1 cup orange (skinned
and cut in small
pieces). | 1 pineapple (fresh or
canned) cut in small
pieces. |
| 1 pint lemon jelly (see
recipe). | 1 cup heart celery cut in
small pieces. |
| 1 cup tart apple, peeled
and cut in small pieces. | Bee Brand Red Coloring. |

Mix thoroughly and place in small molds or after-dinner coffee cups. Pour over each mold lemon jelly (cooled but not stiffened) colored with a few drops of McCormick's Bee Brand Red coloring. When well set and firm, turn out on lettuce leaves, and serve with Bee Brand Mayonnaise.

For an added garnish, half of an English walnut may be placed carefully in the bottom of each cup before it is filled with the mixture, or may be fastened to finish mold by means of a few drops of the liquid jelly and allowed to harden before sending to table.

ENDIVE, BANANA AND PIMENTO SALAD.

- | | |
|--|-----------------------------------|
| 4 bananas (cut in rather
thick slices). | 1 head Endive or Escar-
rolle. |
| canned pimento (cut in
strips). | |

Mix fruit and Pimento, pour over French dressing, and serve on the Escarolle or Endive.

COLD SLAW.

- | | |
|----------------------------------|-----------------------------|
| 1 small head white cab-
bage. | 1 small sweet green pepper. |
|----------------------------------|-----------------------------|

Crisp cabbage in cold water. Drain and dry carefully. Cut in halves and place on clean board, use very sharp knife and cut in tiny shreds. Remove white veins and seeds from the pepper and cut in tiny strips. Mix with cabbage and serve with plain boiled or French dressing. Half white celery and half cabbage makes a nice variety.

He that hath knowledge spareth his words.
It is not how long, but how well we live.

DATE AND BANANA SALAD (Individual Serving).

- | | |
|---------------------------------------|-------------------------------|
| $\frac{1}{2}$ banana cut in slices. | A squeeze of lemon juice. |
| 4 dates cut in strips. | 3 white lettuce leaves cut in |
| $\frac{1}{4}$ of a canned pimento cut | ribbons. |
| in shreds. | |

Ronceverte Salad Dressing (see recipe Page 69) seasoned with Bee Brand cayenne, and beaten up with an equal amount of heavy cream beaten up very stiff. Squeeze lemon over banana and pile in centre of salad plate, make an attractive design of dates and pimento. Pile fringed lettuce lightly around fruit with the fluffy dressing on top. Serve on toasted cheese crackers. An exceptionally good salad.

IDEAL SALAD (Mrs. Wm. Poindexter Montague).

- | | |
|--|--------------------------------------|
| 1 grape fruit. | $1\frac{1}{2}$ tablespoons Bee Brand |
| $\frac{1}{8}$ lb. of blanched almonds. | powdered gelatine. |
| $\frac{1}{2}$ of pint can of sliced | $\frac{1}{2}$ teaspoon salt. |
| Pineapple. | 1 cup of cold water. |
| 1 lemon (juice). | 1 cup of hot water. |

Take grape fruit out in sections, remove white skin, cut fruit in half inch lengths. Put in bowl and squeeze lemon juice over. Add blanched nuts cut in halves, and salt. Soak gelatine in the cold water until softened. Add hot water and stir until cool. Add to mixture in bowl, and turn into a mold which has been wet with cold water. Set aside to harden. Unmold, and serve on a bed of lettuce with Bee Brand Mayonnaise dressing.

FROZEN FRUIT SALAD (Serves 6).

- | | |
|--|---|
| $1\frac{1}{2}$ oranges. | 6 large chestnuts boiled and |
| $1\frac{1}{2}$ bananas. | sliced. |
| 4 slices pineapple. | $\frac{2}{3}$ cup heavy cream. |
| $\frac{1}{3}$ cup Maraschino cherries. | $\frac{2}{3}$ cup Bee Brand Mayonnaise. |

Cut fruit in small pieces. Remove membranes from oranges and cut sections in half; drain fruit in colander. Beat cream stiff; with silver fork mix lightly together drained fruit and mayonnaise. Fold in the beaten cream and put at once in chilled mold. Seal with strip of muslin dipped in melted fat. Pack in equal parts of ice and salt for three or four hours. Serve with Mayonnaise Supreme equal parts of Bee Brand Mayonnaise and whipped cream.

SPECIAL SALADS FOR GREEN SEAL SALAD DRESSING

"An Olive, Capers or some better Salad."

Although we have recipes for exceptionally good salads in the foregoing pages, we insert here some recipes which are specially suited for use with the

GREEN SEAL SALAD DRESSING.

This Condiment is put up in our own laboratories, is an absolutely pure food product, made under sanitary conditions, and will meet the approval of the most fastidious.

It has the advantage of being always at hand.

The most troublesome and uncertain part of salad making is already done for us when we use the prepared dressing.

It will keep indefinitely, and gains rather than loses in flavor through keeping, so there is no material thrown away.

It combines well with most salad materials, and should be found on the pantry shelves of all good housekeepers.

THE GREEN SEAL MUSTARD DRESSING is particularly fine in combination with eggs, meat, etc., as a sandwich filling.

It will be a boon in case of picnic luncheons and in any case where sandwiches are wanted on short notice.

Sandwiches may be kept quite fresh several hours if a linen cloth wrung from ice-water is tucked carefully around them.

When packing sandwiches for picnic luncheons, wrap each sandwich in a neatly cut piece of paraffine paper.

A stock of paraffine paper will be found very useful by the up-to-date housekeeper, and should have its own particular drawer or box in the pantry.

High birth is an accident, not a virtue.
The dream, to become a motive must move the man.

COLLEGE SALAD.

2 Neuchatel cheeses.	Bee Brand Paprika.
½ of a canned pimento.	Heart leaves of lettuce.
1 tablespoon melted butter.	Halves of English walnuts.
Green Seal Salad Dressing.	

Mash the cheese with a sliver fork and rub smooth, adding paprika and salad dressing with the melted butter. Chop the Pimento very fine and add. Form a nest on each salad plate of the white lettuce. Drop a spoonful of the cheese mixture in the centre and carefully place a half nut meat on top of the cheese.

CUCUMBER AND WATERCRESS SALAD.

Pare fresh cucumbers which have been on ice. Cut them in cubes and mix with Green Seal Salad Dressing. Serve with a garnish of watercress washed, wiped and chilled.

CABBAGE AND POTATO SALAD.

Four large potatoes boiled in salted water and cut in cubes; two cups of crisp white cabbage cut as for slaw; one teaspoon of finely chopped onion.

Pour on Green Seal Salad Dressing and mix lightly with a silver fork. Turn into a cold salad bowl and serve.

EGG AND LETTUCE SALAD.

6 hard boiled eggs.	2 tablespoons finely minced
2 tablespoons melted	ham.
butter.	Green Seal Salad Dressing.
Bee Brand Cayenne Pepper	
and Onion Salt.	

Cut eggs in half, lengthwise, carefully remove yolks and mash with a silver fork, adding salad dressing, butter, ham and seasonings.

Refill egg whites with the mixture and press halves together. Serve in a nest of white lettuce leaves.

The weakest spot in every man is where he thinks himself to be the wisest.

CHESTNUT AND CHICKORY SALAD.

Shell, blanch and boil until tender, one pint of the large Italian chestnuts. Drain, sprinkle with salt and dust with Bee Brand Paprika. Set aside to cool.

Wash head of curly chicory, wipe carefully and put in the ice box.

At serving time arrange chicory leaves in a cold salad bowl. Put a squeeze of lemon juice over the chestnuts, then pour over them Green Seal Salad Dressing and arrange in centre of the chicory.

An additional garnish of rings of sweet green peppers gives an added flavor and a more decided color to the salad.

WINTER SALAD.

One can of peas, drained and simmered in a small amount of fresh water; a cup of white celery cut in half-inch strips; a cup of boiled carrots cut in dice; a tablespoon of capers; salt, cayenne, Green Seal Salad Dressing.

Have all materials cold before mixing. Serve on leaves of lettuce or curly endive.

CAULIFLOWER AND BEET SALAD.

Use the flowerets of cold cooked cauliflower, cold boiled beets cut in cubes, olives cut in strips and seeds removed. Mix at serving time with Green Seal Salad Dressing.

COLD MEAT SALAD.

Cold meat (chicken, lamb or veal) cut in bits of uniform size, mix with an equal measure of rather finely cut celery. Mix with Green Seal Salad Dressing and garnish with strips of green and red sweet peppers.

SARDINE SANDWICHES.

One box of fine boneless sardines. Remove skin from fish after draining free of oil. Work into a paste with Green Seal Mustard Dressing. Season with cayenne and salt and spread on thin slices of buttered bread from which the crust has been removed.

He who is without friends
is like a body without a soul.

CELERY AND PIMENTO SANDWICHES.

Use three parts of very finely chopped celery to one part of chopped Pimento and a suspicion of scraped onion pulp. Mix with Green Seal Mustard Dressing and spread evenly on thin slices of Graham bread.

EGG AND GREEN PEPPER SANDWICHES.

Six hard boiled eggs chopped fine; one medium size green pepper chopped fine after removing seeds and veins; two table-spoons melted butter; Green Seal Mustard Dressing, salt and Bee Brand White Pepper. Mix a paste and spread between thin slices of bread.

HAM AND NASTURTIUM SANDWICHES.

One cup of cold boiled ham run through a meat grinder, quarter cup of finely chopped nasturtium stems; nasturtium blossoms for a garnish.

Mix the nasturtium stems and the ham with the Green Seal Mustard Dressing. Spread on thinly sliced strips of bread. Place petals of crimson nasturtiums around edges of sandwiches, just showing the color between the two slices.

The bread should be buttered before it is sliced.

SAUCES AND SALAD DRESSINGS

“What is sauce for the goose is sauce for the gander.”

Roux is used to give body to sauces, and may be made and kept on hand, or made as needed. It is made of equal measurements of butter and flour, or a double amount of flour may be used, according to the dish to be prepared. The Roux is simply the foundation for the sauce, and the liquid used may be milk or water, meat juice, stock, etc.

The ability to make a velvety, smooth sauce, is greatly to be desired, and the art once acquired will simplify many cooking processes.

WHITE SAUCE.

2 tablespoons butter.	$\frac{1}{2}$ teaspoon salt.
2 tablespoons flour.	$\frac{1}{4}$ teaspoon Bee Brand
1 cup of milk or white stock.	White Pepper.

Melt butter in a smooth, perfectly clean, shallow saucepan. When it bubbles, add the flour, stir until the mixture again bubbles. Add liquid gradually, and stir constantly, going well around the edge of the saucepan with the stirring spoon. Continue to stir until the sauce is of proper consistency, and if well made, it will need no straining. Allow to stand in hot water until time to serve. Cover to avoid forming film on surface. If sauce is thicker than desired (it thickens on standing) add more liquid and stir well.

BROWN SAUCE.

Follow above recipe, only allowing the butter to color slightly before adding flour.

The most important thing
is to learn to rule ourselves.

THICK SAUCE FOR CROQUETTES.

Make according to White Sauce formula, only allow double amount of flour to same amount of butter.

DRAWN BUTTER SAUCE.

$\frac{1}{3}$ cup butter.	$\frac{1}{4}$ teaspoon Bee Brand
2 tablespoons flour.	White Pepper.
$\frac{1}{4}$ teaspoon salt.	1 cup cold water.

Melt half the butter in shallow saucepan, add flour and cook until frothy; add seasoning, then water and stir constantly until mixture boils. Let boil about three minutes, then beat in rest of butter, a little at a time.

CAPER SAUCE.

To drawn butter sauce add, when ready to serve, two or three tablespoons of capers, draining from liquor in the bottle.

EGG SAUCE.

(For baked or boiled fish.)

To a pint of drawn butter sauce add two hard boiled eggs, chopped rather coarse.

MUSHROOM SAUCE.

To one cup brown sauce add one-third cup canned mushrooms, cut in pieces.

MINT SAUCE.

1 cup fresh chopped mint.	$\frac{1}{2}$ cup vinegar.
$\frac{1}{4}$ cup sugar.	

Use only the leaves and tender tips of the mint. Dissolve the sugar and the vinegar, add the mixture to the mint. The sauce should stand for one hour and should be heated over hot water, just before using.

If the vinegar is very strong more sugar may be added.

The tree of silence bears the fruit of peace,
Wisdom has no bargain days.

MAYONNAISE DRESSING.

- | | |
|-------------------------------|---|
| 1 cup olive or vegetable oil. | $\frac{1}{2}$ teaspoon salt. |
| Yolks two eggs. | $\frac{1}{2}$ teaspoon Bee Brand Paprika. |
| 1 tablespoon lemon juice. | Dash of Worcestershire |
| 1 tablespoon vinegar. | sauce, if desired. |

Beat egg yolk until thick, mix lemon juice and vinegar, and add gradually to the egg. Add pepper and part of the salt. Use Dover beater to beat in the oil, a few drops at a time. Beat thoroughly between each addition of oil. When oil has been used add rest of salt and beat again. Put in a covered earthen dish in a cool place. If mixture curdles, the oil has been added too rapidly. By starting with a fresh egg yolk, the curdled mixture may be added drop by drop, and a perfect dressing secured.

With a little experience this mistake will not be apt to occur. Have all ingredients and mixing bowl cold. This is a great help to the beginner.

FRENCH DRESSING.

- | | |
|------------------------------|------------------------------------|
| 2 tablespoons vinegar. | $\frac{1}{8}$ teaspoon Bee Brand |
| 6 teaspoons olive oil. | Paprika. |
| $\frac{1}{2}$ teaspoon salt. | $\frac{1}{2}$ teaspoon fresh onion |
| | pulp. |

Put ingredients together in a pint size fruit jar. Put two rubbers on the jar; screw on cap, and shake until thoroughly mixed.

RONCEVERTE SALAD DRESSING.

- | | |
|----------------------------------|----------------------------------|
| 4 tablespoons butter. | 1 cup milk. |
| 1 tablespoon sugar. | 1 tablespoon salt. |
| 1 tablespoon Bee Brand | $\frac{1}{2}$ cup vinegar. |
| Ground Mustard. | 3 eggs. |
| $\frac{1}{8}$ teaspoon Bee Brand | $\frac{1}{4}$ teaspoon Bee Brand |
| Cayenne. | Paprika. |
| 2 tablespoons flour. | |

Melt butter in saucepan; add flour and stir until it bubbles. Add half the milk, then turn mixture into a double boiler over hot water. Beat eggs, then add all seasonings and vinegar. Stir this into mixture in double boiler, add rest of milk and continue stirring until about the consistency of custard. Pour in a fruit jar and keep closely covered in a cool place. This will keep for weeks.

The first test of a truly, great man
is his humility.

CHESAPEAKE LETTUCE DRESSING.

- | | |
|------------------------------|----------------------------------|
| 2 hard boiled eggs. | $\frac{1}{2}$ teaspoon Bee Brand |
| 2 tablespoons sugar. | Celery Seed, ground |
| $\frac{1}{3}$ cup vinegar. | or pounded. |
| 2 tablespoons olive oil. | $\frac{1}{2}$ teaspoon Bee Brand |
| $\frac{1}{2}$ teaspoon salt. | Ground Mustard. |

Cut the eggs in halves, remove yolks and mash smooth. Add the oil gradually to these and stir until the mixture is a smooth paste. Mix all the seasonings, and when these are well worked in, add vinegar gradually. Arrange crisp lettuce on a salad dish, slice the whites of eggs in rings, and place on lettuce. Pour the dressing over and serve.

FRUIT SALAD DRESSING

- | | |
|----------------------------------|-----------------------------------|
| 3 egg yolks. | $\frac{1}{3}$ cup vinegar. |
| $\frac{1}{4}$ teaspoon salt. | $\frac{1}{4}$ cup heavy cream for |
| $\frac{1}{3}$ cup sugar. | whipping. |
| $\frac{1}{8}$ teaspoon Bee Brand | |
| Paprika. | |

Beat yolks slightly and add sugar, salt, paprika and vinegar. Cook over hot water until thickened, stirring constantly. Remove from fire, and when quite cold add cream whipped until stiff. The cream should not be added until just before serving. This is excellent with whole bananas, or canned pears, served as salad. It may also be used with any combination of fruits.

HOT CHOCOLATE SAUCE.

(For serving with ice cream).

- | | |
|---------------------------|--------------------------|
| 2 squares unsweetened | 1 tablespoon butter. |
| chocolate. | $\frac{1}{4}$ cup sugar. |
| 1 cup sweet cream or rich | 1 teaspoon Bee Brand |
| milk. | Vanilla. |

Melt chocolate over hot water, add other ingredients, and cook until creamy and slightly thickened. Just before serving add vanilla.

Purchase not friends by gifts; when thou ceasest to give,
such will cease to love.

PLAIN WINE SAUCE.

$\frac{1}{2}$ cup butter.	1 dessert spoon of corn
1 cup Catawba wine.	starch.
$\frac{1}{2}$ cup boiling water.	$\frac{1}{2}$ teaspoon Bee Brand
	Ground Nutmeg.

Mix cornstarch with sugar; add butter, water and nutmeg. Allow to get hot, and just before serving turn in wine, or a gill of brandy may take place of the wine.

CONCORD BRANDY SAUCE.

$\frac{1}{4}$ cup butter.	$\frac{1}{2}$ cup milk.
1 cup sugar.	2 tablespoons good
2 eggs.	brandy.

Cream butter and sugar in a bowl, turn into double boiler and allow to melt over hot water. Add milk and egg yolks (beaten until thick and smooth). Stir mixture constantly until the thickness of custard, remove from fire, and turn over egg whites beaten until very stiff. Add brandy and serve at once.

RICH WINE SAUCE.

4 tablespoons sherry wine.	$\frac{1}{2}$ cup whipped cream.
2 eggs.	1 teaspoon Bee Brand
$\frac{1}{2}$ cup sugar.	Vanilla Extract.

Mix sugar, yolks of eggs and wine, then add flavoring and stiffly beaten whites. Cook until thick over hot water. Chill and add whipped cream.

HARD SAUCE FOR PUDDINGS.

$\frac{1}{2}$ cup butter.	$\frac{1}{4}$ cup whipped cream.
2 teaspoons Bee Brand	$\frac{1}{2}$ teaspoon Bee Brand
Vanilla Extract.	Almond Extract.
1 cup sugar.	

Cream butter and sugar together, then add cream and flavorings, mix well and serve very cold.

Use level measurements for all recipes unless otherwise directed.

He who will not be counselled,
cannot be helped.

DRESSING FOR LETTUCE, WATER-CRESS, ENDIVE OR ROMAINE.

2 hard boiled eggs.

1 tablespoon sugar.

1 teaspoon mustard.

$\frac{1}{4}$ teaspoon salt.

$\frac{1}{4}$ teaspoon celery salt.

$\frac{1}{4}$ cup vinegar.

Olive oil—enough to work
hard boiled yolk
smooth.

Cut hard boiled eggs in half—crosswise. Remove yolks. With a spoon mash the yolks. Add sugar, mustard and salt. Add oil gradually until thick paste is made; then add the vinegar. The dressing will be thin enough to pour over the lettuce. Garnish with the whites of eggs cut in rings. A little celery seed may be added to the dressing.

QUICK DOUGHS

For all bread mixtures the essentials are flour (or meal), salt, liquid for mixing, and some agent for making the mixture light and digestible. This agent may be yeast, baking powder, (an acid and an alkali mixed and properly proportioned for use); Bicarbonate of soda (an alkali) and an acid (cream of tartar, sour milk, molasses, etc.) Besides the ingredients given as essentials in bread mixtures, it is customary to use a certain amount of fat to give tenderness and flavor to the bread. The fat may be lard, butter, part of each of these, or any one of the various vegetable fats on the market. In certain breads, sugar is also added.

For all quick breads pastry flour will be found to give the best results. Two kinds of flour should be kept in every household—bread flour for yeast bread, and pastry flour for all quick breads, cake and pastry.

In combining the various materials for these mixtures, it is well to master certain general rules as to proportion, and in this way make the work intelligent and interesting, instead of blindly following precedent without understanding why anything is done.

The proportion of flour to liquid determines the consistency of the mixture. One measure of liquid to one of flour gives a pour batter—example—pop overs. One measure of liquid to two of flour gives a drop batter—example—muffins. One measure of liquid to three of flour gives a soft dough—example—quick biscuit. One measure liquid to four of flour gives a stiff dough—example—loaf bread. In practice there are gradations between these proportions given, but they will serve as a general guide.

Our deeds determine us
as much as we determine our deeds.

PROPORTIONS OF BAKING POWDER AND FLOUR.

From one to two teaspoons of baking powder to each cup of sifted flour. When eggs are used less baking powder is required than when the mixture depends on the baking powder alone for lightness.

PROPORTION OF SODA TO BE USED WITH SOUR MILK.

For thick sour milk, use half a level teaspoon of soda to each measuring cup of the milk. As milk varies greatly in acidity, it is a fine point of knowledge to exactly balance the acid with the soda (alkali), and certainly for the inexperienced cook the use of baking powder and sweet milk is to be recommended.

PROPORTION OF FAT TO FLOUR.

From one to two teaspoons to each cup of flour for quick doughs, and less than half this amount for yeast mixtures.

A quick oven is best for doughs not lightened with yeast, and a rather moderate one for large loaves of bread, and a hotter one for rolls. The nature of the mixture and the size of the mass to be cooked, must always be considered.

If the oven is too hot, the mixture will crust over before the gas (formed by the union of the acid and the alkali) is set free, and we will have heavy biscuit. If the oven is too cold, the mass will rise and the gas escape into the oven with the same result—heavy biscuit. With the oven at the proper temperature, the gas is generated and puffs up the dough, making it light and porous, and by this time the crust has formed, and the cells are set, leaving a light, fluffy biscuit as the result. The proper management of the oven is learned best by experience, but with careful watching this point is soon mastered, and it is certainly one of the essentials to success in all cookery.

POP OVERS.

2 eggs.	$\frac{1}{4}$ teaspoon salt.
1 cup milk.	1 teaspoon melted butter.
1 $\frac{1}{4}$ cups pastry flour.	

"Bee Brand" Gelatine has no equal. Takes less, goes farther, tastes better than any other.

Beat eggs without separating, use Dover egg-beater, beat until very light. Mix salt and flour, add milk gradually in order to avoid lumps. Beat steadily, then add beaten eggs, beat again, and add butter last. Beat to mix in butter, and pour into very hot, well buttered earthen cups. Set cups on a baking sheet. Fill two-thirds full of the mixture, and cook on floor of a moderate oven for forty-five minutes. They should puff up twice the original size, and should be a crisp hollow shell. If taken from the oven too soon, they will shrivel.

It is well to let them dry out for five minutes after you think they are done, leaving oven door partly open. Do not open oven for at least twenty-five minutes after putting the pop overs in to cook.

QUICK SALLY LUNN.

2 cups pastry flour.	2 eggs.
$\frac{1}{2}$ teaspoon salt.	$\frac{2}{3}$ cup milk.
2 tablespoons sugar.	3 tablespoons butter.
4 teaspoons baking powder.	(melted).

Sift together dry ingredients, add milk to beaten eggs and stir into dry ingredients, add butter and beat hard for two minutes. Turn into a buttered, shallow pan, and bake in rather moderate oven twenty-five minutes.

FLOUR MUFFINS.

2 cups pastry flour.	$\frac{1}{2}$ teaspoon salt.
2 eggs.	4 level teaspoons baking powder.
$\frac{1}{4}$ cup shortening.	1 tablespoon sugar (this may be omitted).
$\frac{3}{4}$ cup milk.	

Mix as "Quick Sally Lunn." Bake in hot, well-greased muffin pans. Iron muffin pans are far better than tin.

BLUEBERRY MUFFINS.

To recipe for flour muffins add one cup fresh blueberries, dredge with two tablespoons of extra flour. The sugar should be used in this recipe.

DATE MUFFINS.

Follow recipe for Flour Muffins, but beat eggs separately. After mixing other ingredients, fold in egg whites stiffly beaten, then fold in $\frac{1}{4}$ lb. dates seeded and cut in four pieces each.

BAKING POWDER BISCUIT.

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|--------------------|---------------------------------------|
| 2 cups flour. | 2 tablespoons lard (or 1 of |
| 4 teaspoons baking | butter and 1 of lard). |
| powder. | $\frac{3}{4}$ cup milk or water (milk |
| 1 teaspoon salt. | is better). |

First sift together dry ingredients in a bowl, then cut fat in the flour, using two knives until mixture looks like corn meal. Add liquid gradually, mixing with a knife, to a soft dough. As flour varies in thickening power, the measure of liquid cannot be absolutely assured. When dough can be gathered in a soft ball, turn on a floured board, pat and roll lightly to half inch in thickness. Cut with small biscuit cutter, dipping the edge of the cutter in flour from time to time to keep it from sticking. Place in a greased pan in rather hot oven, and let bake about fifteen minutes. The biscuit may be stuck with a fork or not.

SOUTHERN FLANNEL CAKES.

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| 3 cups flour. | 1 teaspoon soda. |
| 1 teaspoon salt. | 2 eggs. |
| 2 cups thick sour milk or | 3 tablespoons melted |
| fresh buttermilk. | butter. |

Mix and sift dry ingredients. Beat eggs (without separating). Add milk and pour slowly on first mixture. Beat well, add melted butter, and bake at once on a hot, well greased griddle; dropping batter from end of a tablespoon to insure a round cake. When full of bubbles on one side, turn and bake on the other side. Never turn a cake but once, and grease griddle between each baking.

MODERN GRIDDLE CAKES.

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|------------------------------------|-------------------------|
| 3 cups flour. | 2 cups milk. |
| 1 $\frac{1}{2}$ tablespoons baking | 1 egg. |
| powder. | 3 tablespoons melted |
| 1 teaspoon salt. | butter. |
| 1 to 2 tablespoons sugar. | (Sugar may be omitted). |

Proceed as in above recipe.

"But for life, the universe were nothing, and all that has life requires nourishment."

OLD-TIME SODA BISCUITS.

2 cups flour.	$\frac{1}{2}$ teaspoon salt.
1 cup thick sour milk.	2 tablespoons lard.
$\frac{1}{2}$ teaspoon soda.	

Sift together soda, flour and salt, cut the lard into this until the mixture looks like meal (use two knives for this part of the work, holding one in each hand). Add milk gradually and mix with a knife to a rather soft dough. Turn on to a lightly floured board and knead until the dough feels smooth and velvety. Roll and cut. Put in a pan and bake.

Serve piping hot.

CLOVERDALE BEATEN BISCUITS.

1 quart flour.	1 tablespoon lard.
1 teaspoon salt.	1 cup new milk.
1 tablespoon butter.	

Cut in fat, add liquid gradually. Work the dough a little with the fingers, then beat with an iron pestle or biscuit beater until it blisters, roll on a lightly floured board and cut out with biscuit cutter. Stick with a fork, and bake in a moderate oven from twenty to forty minutes according to thickness of the biscuits.

SOUTHERN WAFFLES (Makes twenty waffles).

$1\frac{3}{4}$ cups sifted flour.	Yolks of two eggs.
3 teaspoons baking powder.	Whites of two eggs.
1 teaspoon salt.	2 tablespoons of melted
1 cup milk.	butter.

Mix and sift dry ingredients, add milk gradually, egg yolks well beaten, then egg whites beaten stiff, lastly beat in the melted butter and cook on well greased waffle iron over clear hot coals. Serve with home-made maple syrup.

HOME-MADE MAPLE SYRUP.

3 cups of sugar.	1 teaspoon of Bee Brand
2 cups of hot water.	Maple Extract.

Let us have the worker's hand
and the scholar's eye.

Stir sugar and water over the fire till sugar is entirely dissolved. Cover vessel and let cook about five minutes, or until slightly thickened. Remove from fire, cool somewhat, and add Maple Extract, stir and set aside to get cold. This may be made in quantity, and will keep well if directions are followed.

WENONAH TOAST SANDWICHES.

Cut stale bread in three inch squares, butter on one side, put two squares together sandwich fashion and toast first on one side and then on the other. These are quickly prepared, and are tempting to the capricious appetite.

Use level measurements in all recipes unless otherwise directed.

RECIPE FOR BRAN MUFFINS.

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|-----------------------------------|----------------------|
| 1 quart bran. | 2 eggs beaten light. |
| 1 pint Whole Wheat Flour. | Pinch salt. |
| $\frac{1}{2}$ cup black molasses. | 1 pint milk. |
| 1 teaspoonful soda. | |

Mix as usual, adding baking powder last. Bake in Gem (or muffin) pans about 20 minutes. If using sweet milk, use 3 teaspoons baking powder and $\frac{1}{2}$ teaspoon soda. If sour milk is used, $1\frac{1}{2}$ teaspoons soda and 1 teaspoon baking powder.

BRAN BISCUITS (18 biscuits).

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|------------------------------|-------------------------------|
| 1 cup white flour. | 1 egg. |
| 2 cups bran. | $\frac{1}{8}$ cup sweet milk. |
| $\frac{1}{2}$ teaspoon salt. | 3 teaspoons baking powder. |
| 2 tablespoons fat. | |

Sour cream or thick sour milk may replace the sweet milk in which case use $\frac{1}{2}$ teaspoon soda and 2 teaspoons baking powder. Mix to soft dough and roll and cut with biscuit cutter or add a little extra milk and drop from a spoon on to a greased baking sheet.

QUICK NUT BREAD.

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|--------------------------|----------------------------|
| 1 egg. | 3 cups flour. |
| 1 cup milk. | 3 teaspoons baking powder. |
| $\frac{1}{3}$ cup sugar. | 1 teaspoon salt. |
| | 1 cup nut meats. |

Sift together dry ingredients, add milk and egg well beaten then nut meats cut in good size pieces. Place in well greased pan and let rise one hour. Bake in moderate oven three quarters of an hour. Slice when cold.

YEAST MIXTURES

In our work with yeast, we must keep in mind the fact that yeast is a plant, and like other plants will thrive, will remain dormant or will die, according to the treatment it receives. Do not be surprised if your bread will not rise after you have poured boiling water on your yeast cake (or collection of plants) for you have killed them, as any other plant would be killed by the same treatment.

The conditions under which the yeast plant thrives are: moisture, starchy soil, slightly sweet, and a temperature between 75 and 95 degrees. The Chemistry of yeast is quite complicated, but it is enough for us to understand that given the conditions mentioned above, changes take place in the flour, and alcohol and carbon dioxide gas are formed. It is this gas which lightens the dough.

Sometimes the housekeeper finds it convenient to keep the dough for many hours after the lightening process has taken place. By keeping the dough in a cold place, this can be managed. A covered batch of the dough can be kept in a cold, dry refrigerator for a day or two, and when wanted for use, rolls or loaves can be made out and moved to a warm place, when the growing process will start again, and can be checked when the mass is sufficiently light. When the plants have done their work we kill them by putting in a hot oven.

Bread flour, or that made from spring wheat, should be used for all yeast mixtures, and pastry flour should be used for all mixtures made light by other agents than yeast. This flour is made from winter wheat, or that planted in the fall.

Bread dough should never be put in a draft. Select a sheltered corner in which to raise your bread.

ONE LOAF OF PLAIN BREAD—(12 hour process).

1 cup milk (or water, or half and half).	$\frac{1}{4}$ cake compressed yeast.
1 tablespoon shortening.	$\frac{1}{4}$ cup extra liquid (milk or water).
1 tablespoon sugar.	3 to 4 cups bread flour.
$\frac{1}{2}$ teaspoon salt.	

Scald the cup of liquid. Mix yeast cake with the one-fourth cup liquid scalded and cooled to lukewarm, add shortening, salt and sugar to hot liquid in an earthen bowl, and when mixture is lukewarm, add dissolved yeast. Stir and beat in gradually the flour. When ingredients are thoroughly mixed, and sides of the bowl are free from dough, turn mass on a board lightly dredged with flour, and knead until the dough is elastic and tiny blisters show on the surface. Keep the ball of dough moving all the time of the kneading, and keep bread and hands free from flour. Grease or wet the bowl, draining but not drying it, drop in the ball of dough, and then turn it over so the damp side will be uppermost to avoid forming a crust. Cover closely and set in a warm place until the mass begins to rise, and then it may be put in a cool place to complete the process. After seven or eight hours (or overnight) the dough should be double in size, and can be worked down to break the air bubbles and allowed to rise again in a warmer place, or it can be made at once into a loaf, placed in a well greased pan, and set in a sheltered place to rise, and when again double in bulk, put in a rather moderate oven and let bake about fifty minutes. If oven is too hot, it will be necessary to cover with a paper after it is crusted over.

ONE LOAF OF BREAD, QUICK PROCESS— (three hours).

Follow above recipe, only use one cake of yeast, and start dough by setting bowl in pan of water at temperature in which you can hold your hand (no hotter). The process may be run through in six hours, keeping dough at a lower temperature, after it first starts, and using one-half yeast cake.

PLAIN ROLLS.

Follow recipe for making one loaf of bread. After the dough has risen once to double its bulk, divide into small portions of equal size, and shape with palm of the left hand and the fingers of the right into small balls, or roll with a rolling pin

The true way of softening one's trouble
is to solace those of others.

and cut out as biscuits. Place close together or with a space between, according to whether a soft or a crusty roll is desired. Let rise to double their size and bake in a quicker oven than for loaf breads. The recipe given will make about 18 small rolls

PARKER HOUSE ROLLS.

1 cup milk scalded and cooled.	2 cups bread flour.
1 cake compressed yeast.	1 teaspoon salt.
$\frac{1}{4}$ cup milk scalded and cooled.	1 tablespoon sugar.
	$\frac{1}{4}$ cup melted butter.
	2 cups bread flour.

Soften yeast cake in the fourth of a cup of milk, and add to the cup of milk, stir in first amount of flour, beating until mixture is perfectly smooth. Let rise in warm place until mixture is full of bubbles (about one hour). Add rest of ingredients, beating and stirring until mixture leaves sides of the bowl. Knead until smooth and surface shows blisters. Wet bowl, drain and put in ball of dough, turning it over after dropping in the bowl, to avoid forming crust. Let stand until double in bulk. Turn on to lightly floured board, do not knead, but with a floured rolling pin roll into half-inch sheet, and cut in small rounds with a biscuit cutter. Brush over one-half of each round with melted butter, and fold the other half well over this. Set close together in a buttered pan. When again double in size, bake about half an hour. Just before removing from the stove, brush with melted butter.

FLORADORA BUNS—(Janet M. Hill).

2 cups flour.	Yolks of two eggs.
1 cup milk scalded and cooled to lukewarm.	$\frac{1}{2}$ cup of sugar.
$\frac{1}{4}$ cup milk scalded and cooled to lukewarm.	$\frac{1}{2}$ teaspoon of salt.
1 cake compressed yeast.	$\frac{1}{4}$ cup of butter.
$\frac{1}{2}$ cup grated cocoanut.	Enough extra flour to make a soft dough.
$\frac{1}{2}$ cup sliced citron.	2 dozen almonds blanched and sliced.

Soften yeast in the one-quarter cup milk. Add to other milk and stir, and beat in the two cups of flour. Beat until quite smooth, and set aside to get light and full of bubbles (it takes about one hour). Add rest of ingredients in order, beating all well, and then gradually add flour to make a dough which leaves

Associate with the good
and you will be esteemed one of them.

the sides of the bowl clean. Knead until elastic. Cover and set aside to double in bulk. Cut mass of dough in equal parts, shaping in little balls about the size of a black walnut. Place on a board and cover closely with a granite pan or earthen bowl, to avoid crusting over. Let rise to double in bulk, then form the little balls into oval shapes by rolling lightly under the hands, pressing harder on the end and pulling a little under the fingers as you roll. Set close together in buttered baking pans. Let rise again, and bake about twenty-five minutes. When about ready to remove from the oven, brush over with egg white slightly beaten, and sprinkle with granulated sugar and almonds. Return to the oven to set the glaze. These are particularly good, and out of the ordinary.

UNEXCELLED CINNAMON BUNS.

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| 1 cake compressed yeast. | $\frac{1}{2}$ cup washed and dried |
| $\frac{1}{4}$ cup scalded and cooled milk. | currants. |
| 1 cup scalded and cooled milk. | 1 cup washed and dried |
| $1\frac{3}{4}$ cups bread flour. | currants. |
| $\frac{1}{4}$ cup granulated sugar. | Extra flour for soft dough, |
| $\frac{1}{4}$ cup butter (softened but not hot). | (about two cups). |
| $\frac{1}{2}$ teaspoon salt. | $\frac{3}{4}$ cup softened butter. |
| 2 eggs (one may be left out). | $\frac{3}{4}$ lb. good light brown |
| 3 teaspoons cornstarch. | sugar. |
| | 3 tablespoons Bee Brand |
| | Powdered Cinnamon. |
| | $\frac{3}{4}$ cup boiling water. |
| | Extra cinnamon and sugar |
| | for coating buns. |

Soften yeast in the one-quarter cup milk and add to rest of milk.

Sift in first quantity of flour, and beat until light and free from lumps. Cover closely and set to rise. When full of bubbles (in about one hour) add granulated sugar, shortening, eggs, the half cup of currants, and the flour. Beat and mix to a soft dough which will leave the sides of the mixing bowl clean. Knead until elastic. Put back in bowl, cover and let rise to double its bulk. Turn upside down on lightly floured board (do not knead), cut in half, and roll into a sheet one-quarter inch thick, using as little flour as possible. Use a knife to push up sides of the dough, and keep in a perfect rectangle. Spread with one-half of the softened butter, sprinkle thickly with the

The most certain sign of wisdom
is a continual cheerfulness.

cinnamon and brown sugar, using half of each, and on this sprinkle one-half the cup of currants. Roll as for jelly roll. Cut with a sharp knife into pieces about one and a fourth inches wide. Set close together in a long narrow pan which has been heavily buttered and then sprinkled with some of the brown sugar. Repeat process with the second half of the dough, let rise to double in size. Bake in an even heat from 40 to 50 minutes. About ten minutes before removing buns from oven, brush them over with a paste made of the cornstarch, rubbed smooth in a little cold water, the boiling water added to this, and the mixture allowed to thicken somewhat over the fire. After brushing with this paste, cover thickly with the cinnamon and sugar mixture, and allow this to melt in the oven. If a thick dressing is desired, repeat sugar process, but do not put more cornstarch, as a second coat is apt to drag off the first. Lessen heat for this part, as sugar burns easily.

Entire process takes about six hours. Quantity given makes two dozen buns which, if properly made, are literally unexcelled.

AUNT SARAH'S SALLY LUNN—4 Hours for Entire Process.

4 cups bread flour.	2 tablespoons sugar.
$1\frac{3}{4}$ cups new milk.	2 tablespoons butter, softened but not hot.
$\frac{1}{4}$ cup new milk, scalded and cooled to lukewarm.	$\frac{1}{2}$ cake compressed yeast.
2 eggs.	1 teaspoon salt.

Soften yeast in the one-quarter cup lukewarm milk. Beat eggs, add sugar, milk and yeast mixture. Sift in flour and salt, and beat until perfectly smooth. Add softened butter and beat again. Let rise until almost double in bulk. Beat down with a spoon, and this time pour in a well buttered cake pan—one with a centre funnel, is prettiest. Let rise to almost double its bulk, and bake in a moderate oven for one hour, covering after the first half hour. Turn from the pan, and serve hot for tea.

MAMMY'S RAISED MUFFINS.

1 cup warm milk.	1 teaspoon sugar.
1 tablespoon softened butter.	$\frac{1}{4}$ yeast cake.
$\frac{1}{2}$ teaspoon salt.	$1\frac{1}{2}$ cups flour.
	1 egg.

Soften yeast in a little of the milk, add to other milk and mix together all the ingredients except the egg. Let rise over

He who ceases to grow greater, grows smaller
A clear conscience can bear any trouble.

night, and in the morning add egg, white and yolk beaten separately. Beat all together, and pour into greased muffin tins, half filling the cups. Let rise about twenty minutes and bake in steady heat.

PLANTATION BUCKWHEAT CAKES.

2 rounded cups buck- wheat flour.	1 teaspoon salt.
1 rounded cup white corn meal.	$\frac{1}{2}$ yeast cake.
1 cup boiling water.	$\frac{1}{4}$ cup milk, slightly warmed.
$\frac{3}{4}$ cup new milk.	$\frac{1}{2}$ teaspoon soda.
	1 teaspoon molasses.

Dissolve yeast cake in the one-quarter cup lukewarm milk (if hot, it will kill the yeast). Pour boiling water into the other milk; add salt to buckwheat and meal sifted together, and gradually stir this into the liquid. Add yeast and beat hard for ten minutes. Let stand in warm place, out of drafts, over night, and in the morning add soda dissolved in small quantity sweet milk (one tablespoonful is sufficient), add molasses and beat well. Bake on hot griddle, well greased, and grease again between each baking of the cake. As soon as cake puffs up in bubbles all over the surface it is ready to turn. Bake on the other side, pile on hot platter and serve each griddle full of cakes, as fast as they can be cooked. Never turn a cake but once.

BOSTON BROWN BREAD (New Hampshire Recipe).

1 cup yellow corn meal.	2 teaspoons soda.
1 cup rye meal.	$\frac{2}{3}$ cup of molasses.
1 cup entire wheat flour.	1 pint thick sour milk.
1 teaspoon salt.	

Sift together dry ingredients, add molasses and sour milk, beat hard and pour into a buttered mold. Put on a rack or in a steamer, and steam for three hours after water starts to boil; an extra hour will not hurt. Replenish boiling water as it boils out. Raisins may be added to batter if liked, or may be used to decorate a mold, which is to be sent to the table whole. Press seeded raisins against buttered sides of a mold, and then turn in mixture. A melon mold decorated in this way is very pretty. If a dry loaf is preferred, after removing loaf from mold, it may be dried out for half an hour in the oven. Place top on the mold but put on lightly. Do not fill over two-thirds full as mixture swells.

HOME-MADE YEAST.

Put six medium size potatoes to boil in two quarts of water in a granite saucepan. A tablespoon of dried hop blooms, tied in a bit of cheese cloth, should be dropped in the saucepan at the same time. After potatoes are thoroughly soft, squeeze the hop bag against the side of the vessel with a silver fork to get out all the strength of the hops (a steel fork will darken the yeast).

Lift the potatoes out of the water and mash them through a colander into an earthen bowl or a granite ware vessel. Measure the water in which potatoes were boiled, and add enough from a boiling kettle to make up the two quarts of liquid. Pour liquid over potatoes, add one-half cup of sugar and one-third of a cup of salt, and stir well. Let cool to lukewarm, and then add one cup of good yeast, or half a yeast cake broken in the liquid.

Now set the bowl in a sheltered place, out of all drafts, and where the contents will keep about the same temperature for five or six hours. Put into glass jars, and only fill jars half full. When perfectly cold the tops may be screwed on, but not before. Keep in a cold place, and use as needed. Always shake jar well before pouring out any of the yeast.

One cake of yeast equals one pint of homemade yeast.

Make all measurements level unless told to do otherwise.

CORN BREAD

Since corn is perhaps the most important food cereal in our country, judged by its composition, wholesomeness and relative cost, it seems fitting that we should devote a space to different methods of preparing it in palatable forms.

Southern people have always realized to a large degree the value of this food material, and below are given various recipes collected from different parts of the South. Each recipe has been carefully tested, and will give most satisfactory results if directions are followed. The water-ground white meal is always most desirable for these recipes.

OLD VIRGINIA CORN MUFFINS.

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| 2 cups good white corn meal (measured after sifting). | $\frac{1}{2}$ cup sour milk.
$\frac{1}{2}$ teaspoon soda.
$\frac{1}{2}$ teaspoon salt. |
| $\frac{1}{2}$ cup thick sour cream (or fresh butter milk). | 1 egg. |

Beat egg until light, add cream and milk; beat until thoroughly mixed. Sift together salt, soda and meal, and add gradually to liquid. Beat well again, and fill hot, well-greased muffin pans with the mixture. Bake in a good, brisk oven from twenty minutes to one-half hour. Old-fashioned iron muffin pans will give best results, though tin muffin pans can be used.

MODERN CORN MUFFINS.

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|--------------------------------|----------------------------|
| 2 cups sifted white corn meal. | 1 cup milk.
1 egg. |
| 1 tablespoon melted lard. | 3 teaspoons baking powder. |
| 1 tablespoon melted butter. | 1 teaspoon salt. |

Proceed as in preceding recipe, sifting baking powder and salt in the meal, and adding to beaten egg and milk.

Old-fashioned iron muffin pans are best for corn muffins.

MELMORE SOFT CORN BREAD.

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|--------------------------------|----------------------------|
| 2 cups sifted white corn meal. | 1 cup cold boiled rice. |
| 1 tablespoon melted lard. | 1½ teaspoons salt. |
| 1 cup boiling water. | 4 teaspoons baking powder. |
| 2 cups new milk. | 2 eggs. |
| 1 tablespoon butter. | |

Sift together meal and salt, over this pour the boiling water, and beat until all lumps disappear. It may be necessary to add a little more boiling water, but only add enough to enable you to get a smooth paste. Then beat in the lard and butter, and let stand in a cool place while the eggs are beaten light. Add eggs, rice and milk, beating steadily while the milk is added gradually. Lastly, sift in baking powder, and stir just enough to mix this well with the liquid.

Pour into a well-greased earthenware or enamel pan, and bake three-quarters of an hour in a rather hot oven. After first fifteen minutes cover the top, or crust will be too hard. Half this quantity makes a good-sized dish, and is enough for a small family. When finished it should be a golden brown on top, and soft and creamy throughout.

CORN BATTER CAKES.

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|---------------------------|----------------------------|
| 1 cup sifted corn meal. | 2 teaspoons baking powder. |
| 1 cup new milk. | 1 teaspoon salt. |
| 1 egg. | |
| 1 tablespoon melted lard. | |

Sift baking powder and salt in meal. Add milk to well-beaten egg and lard, and then stir in meal, etc., beating steadily. Bake at once on a well-greased iron griddle.

SOUTHERN EGG PONE.

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|--------------------------|----------------------------|
| 2 cups sifted corn meal. | 3 eggs. |
| 1 tablespoon lard. | 1 cup new milk. |
| 1 tablespoon butter. | 2 teaspoons baking powder. |
| 1½ teaspoon salt. | |

A fool flatters himself,
A wise man flatters the fool.

Mix as in above recipe, turn into a well-greased baking pan, and bake in a rather quick oven about forty minutes. Turn from pan and serve hot, cutting in squares as desired.

CORN MUSH (Fryeburg, Maine).

1 cup sifted corn meal	1 pint boiling water.
(white or yellow).	1 teaspoon salt.
1 cup cold water.	

Mix the cold water with the meal, and stir this into the boiling water; add salt and stir over fire until thickened and smooth. Set in a vessel containing hot water (a double boiler is excellent), and cook for at least two hours. A longer time improves it, and also makes it more digestible.

After the mass is thickened it may be put in a fireless cooker and left over night, if convenient, and then set in boiling water and warmed for breakfast.

It is particularly good for children, and with sugar and cream makes one of our best cereals.

FRIED MUSH.

Make mush after manner indicated above, wet with cold water a brick-shaped tin bread pan, pour in the mush, and then smooth over the top with a cloth wet with cold water. When cold, slice from pan, dip each slice in flour, and cook to a golden brown in hot salt pork fat.

VIRGINIA HOE CAKE.

1 cup sifted corn meal.	1 teaspoon salt.
$\frac{3}{4}$ cup cold water.	

Stir water and salt into sifted cornmeal, beat vigorously five minutes, spread on a well-greased, hot griddle. Have a mixture about half an inch thick on the griddle. When brown on one side turn and bake on the other. Milk may be used in place of water, one and a half teaspoons of baking powder sifted in with the meal, but the genuine hoe cake has neither milk nor baking powder.

When you have a good name,
Keep it.

BLUE RIDGE GRIDDLE CAKE.

1 pint (level sifted, water ground corn meal) (white flint preferred).	4 teaspoons baking powder (struck measure). 2 teaspoons salt.
1 pint sweet milk.	(struck measure).

Add salt to meal, add milk slowly and beat thoroughly. Do not add baking powder until ready to bake the bread. Place mixture by spoonfuls on hot well greased griddle and pat out smooth into a cake $\frac{1}{3}$ inch thick, and extending to edge of griddle. When brown on one side, turn and bake on the other. This amount will make three cakes. The batter is greatly improved if one or two eggs be added.

Sour milk may replace the sweet in which case instead of the baking powder, use a scant three-quarters of a teaspoon of soda.

This cake may be reheated next day, if necessary. Place cake in pie pan, cover with another pie pan when reheating.

CAKES AND CAKE FROSTING

There is perhaps no other branch of cookery so often invaded by the ignorant and inexperienced as is the field of cake making, and yet it is the one above all others requiring the most exact care and judgment.

There are many things to be considered if cake is to be successfully made. Use only the best ingredients, the best grade of pastry flour, pure, sweet butter, fine granulated sugar, fresh eggs, high-grade baking powder, and for flavoring par excellence use Bee Brand.

The ingredients must be actually measured and properly combined. Pans of proper shape and size should be used, and these must be well greased or lined with buttered papers.

The temperature of the stove is also of great importance, and should be evenly regulated throughout the process of baking.

The larger the loaf or the greater number of eggs used, the lower must the heat be.

Layer cakes will bake in from fifteen to twenty minutes, in a sheet in about thirty-five minutes, and in a loaf from forty minutes to two or three hours, according to size, and to the nature of their ingredients.

Sponge cakes and angel food cake (which is white sponge cake) require a moderate oven.

METHODS OF MIXING.

In most butter cakes the whites and yolks are beaten separately. The butter is first creamed in a bowl, using a wooden spoon for this purpose. Add sugar gradually, and beat, then the beaten yolks. The dry ingredients (flour, baking powder, speck of salt, spices, etc.) are sifted together several times and added to the egg yolks, butter and sugar, sifting in first some of the flour mixture, and then pouring in a little milk until all these materials are used up; lastly add whites of eggs beaten very stiff. This is a good, general rule, but it is possible to vary it somewhat.

To think kindly of one another is good, to speak kindly of one another is better, and to act kindly to one another is best of all.

In making sponge cake the same rule holds good. In this case the whites must be cut and folded in at the last, and the eggs must always be beaten separately.

The old-fashioned sponge cake was made without milk and baking powder, depending upon the number of eggs alone for lightness. Excellent results may be gotten from using these two ingredients, however, and the cake is much less expensive. All measurements level unless otherwise stated.

FEATHER CAKE.

3 cups flour.	3 teaspoons baking
2 cups sugar.	powder.
3 eggs.	$\frac{1}{2}$ cup butter.
1 cup milk.	(Makes three layers).

LADY BALTIMORE CAKE.

1 cup butter.	Ten drops Bee Brand
2 cups granulated sugar.	Extract Rose.
$3\frac{1}{2}$ cups sifted flour.	$2\frac{1}{2}$ teaspoons baking
1 cup milk.	powder.
Whites of six eggs.	

Mix all cakes according to rules given at beginning of this section.

For frosting, see page 104.

CUP CAKE.

1 cup butter.	2 teaspoons baking
2 cups sugar.	powder.
3 cups flour.	1 teaspoon Bee Brand
4 eggs.	Flavoring.
1 cup milk.	

Follow general method for mixing butter cakes.

DEVILS FOOD CAKE.

To recipe for Cup Cake, add two squares of chocolate melted over hot water. Add chocolate after cake is mixed.

COCOANUT CUP CAKE.

To recipe for Cup Cake add one-half cocoanut peeled and grated, or bake cup cake in layers, and put together with plain frosting. Sprinkle grated cocoanut on top of frosting as soon as cake is spread.

SOUTH CAROLINA FRUIT CAKE.

- | | |
|------------------------------|-------------------------|
| 1 lb. butter. | 3 lbs. raisins. |
| 1 lb. sugar. | 2 lbs. washed and dried |
| 1 lb. flour. | currants. |
| 10 eggs (beaten separately). | 1½ lbs. citron. |
| 1 lb. shelled almonds. | 1 cup brandy. |

Mix according to directions given for butter cakes. Soak prepared fruit over night in the brandy. Add fruit last. Divide batter into two pans, and bake in moderate oven about two and a half hours. Keep pan of water in the stove while baking this cake, and cover after first half hour. Test with clean knitting needle to see if it is done. If needle comes out with no dough sticking to it the cake is done. Bake in well greased pans and line bottom of the pans with light brown paper cut to fit. To avoid burning, lift pans above oven floor slightly, using wire rack. This amount makes two medium sized loaf cakes.

THE PRESIDENT'S FRUIT CAKE (Betty Lyle Wilson).

- | | |
|---|------------------------------------|
| 1 lb. butter. | 1 lb. blanched almonds |
| 1 lb. sugar. | cut fine. |
| 1 lb. flour (browned,
sifted and weighed). | 1 lb. shelled pecans cut
fine. |
| 12 eggs beaten separately. | 1 tablespoon powdered
cinnamon. |
| 5 lbs. of seeded raisins. | 1 tablespoon grated
nutmeg. |
| 1½ lbs. of shredded citron. | ½ teaspoon powdered
cloves. |
| 1 glass grape jelly. | 1 glass grape juice. |
| 2 teaspoons melted
chocolate. | 2 tablespoons Rose Water. |
| 1 lb. crystallized cherries. | |
| 1 lb. crystallized pineapple,
cut fine. | |

(ALL SPICES USED ARE BEE BRAND).

Soak almonds in Rose Water over night and prepared fruit in the grape juice the same length of time. Cream butter and sugar, add well beaten egg yolks, spices, grape jelly (warmed) and chocolate. Next the flour (twice sifted) alternately with the well beaten egg whites, then the nuts and lastly the fruit beating it in a little at a time in order to mix thoroughly. Fruit added in this way need not be floured and will not settle to the bottom of the pan, if the heat is right. Lift pans above oven floor a little, to avoid burning fruit. Have oven same tempera-

ture as for Loaf Bread. Cover after first hour. Set pan of water on oven grate to provide moisture. Have pans well greased, and put greased paper in the bottom. This recipe if carefully followed, will give a perfect cake, which will keep for months.

INEXPENSIVE FRUIT CAKE—(Minnie Brooks).

- | | |
|------------------------|-------------------------|
| 1 cup butter. | 1 cup sour cream. |
| 2 cups brown sugar. | 1 teaspoon soda. |
| 5 eggs. | 4 cups flour. |
| 1 teaspoon each of Bee | 1 lb. raisins (seeded). |
| Brand Ground Mace, | 1 lb. cut and blanched |
| Cloves, Allspice, Cin- | almonds. |
| namon. | 1 lb. cut up citron. |

Beat eggs separately. Reserve some of the flour with which to flour the fruit, and add this last. Bake in moderate oven. The usual test for any loaf cake is when it leaves the sides of the pan it is done. Raise all fruit cakes a little above floor oven in baking.

NUT COOKIES—(Miss Farmer).

- | | |
|-------------------|---------------------------------|
| 2 eggs. | $\frac{1}{8}$ teaspoon salt. |
| 1 cup chopped nut | $\frac{1}{2}$ cup sifted flour. |
| meats. | 1 cup brown sugar. |

Beat yolks until thick, add sugar gradually, and beat constantly. Then add nut-meats and salt, whites of eggs beaten stiff, and last sift in flour. Drop, spread and bake as in above recipe.

PLAIN COOKIES.

- | | |
|---------------------------|---------------------|
| $\frac{1}{2}$ cup butter. | 4 tablespoons milk. |
| 1 cup sugar. | 1 egg. |
| Flour to make a soft | 1 tablespoon baking |
| dough. | powder. |

Cream butter, add sugar, and then egg well beaten, then milk gradually. Sift baking powder into one-half cup of flour, and add, then add more flour, a little at a time; beat and add flour until mixture will leave sides of bowl. Set in cold place for an hour or more to stiffen. Cut off small pieces of dough, and drop on lightly floured board, and roll and cut in fancy shapes. Bake on greased tins in rather quick oven.

This recipe may be varied by adding to one quart of the dough a little grated cocoanut; to another a teaspoon of cocoa, or spices, or caraway seeds, etc.

One may live as a conqueror, a king, or a magistrate, but he must die as a man.

ONEONTA COOKIES.

- | | |
|-------------------------------|----------------------------|
| 2 cups sugar. | 4 eggs. |
| 1 cup butter. | 2 tablespoons milk. |
| 3 cups flour (scant measure). | 3 teaspoons baking powder. |

Beat eggs separately, and mix as usual. Roll rather thick and bake in greased tins. This makes very rich, delicious cookies. Keep dough as soft as possible. When done cover with chocolate frosting flavored with Bee Brand vanilla. Use "Plain Chocolate Frosting" recipe.

AFTERNOON TEA CAKES.

- | | |
|---|--|
| 2 egg whites. | 1 cup brown sugar (free from lumps). |
| 2½ tablespoons flour (level measurement). | 1½ cups pecan nut meats cut in pieces. |
| ⅛ teaspoon salt. | |

Beat egg whites light after adding salt, sift in the flour during the beating, then fold in the sugar. Drop by rounded teaspoonfuls on a lightly greased baking sheet. Put cakes about one inch apart each way. Bake in a moderate oven.

OATMEAL DROP COOKIES.

- | | |
|-----------------------------|-------------------------------|
| 1 egg. | 1¼ teaspoon baking powder. |
| ½ cup sugar. | ¼ teaspoon salt. |
| ½ tablespoon melted butter. | ½ teaspoon Bee Brand Vanilla. |
| ½ teaspoon grated nutmeg. | 1¼ cups rolled oats. |

Beat sugar into the egg. Add other ingredients, and beat all thoroughly. Batter should be quite stiff, as it spreads in the oven. Drop from end of teaspoon about one inch apart on a buttered tin. Bake in moderate oven. Makes two dozen cakes. Particularly nice to serve with afternoon tea.

VIRGINIA ROCKS.

- | | |
|-----------------------|-----------------------------------|
| 3 eggs. | 1 cup raisins cut in halves. |
| 1½ cups sugar. | 2 teaspoons cinnamon (Bee Brand). |
| 2½ cups sifted flour. | 1 teaspoon soda. |
| 1 cup butter. | |
| 1 cup black walnuts. | |

Mix in usual manner and drop from teaspoon on a greased baking sheet. Bake in a moderate oven.

In character, in manners—in all things, the supreme excellence is simplicity.

ECONOMICAL CAKE.

- | | |
|-----------------------|----------------------------|
| 2 eggs. | 1½ cups flour. |
| 2 tablespoons butter. | 2 teaspoons baking powder. |
| 1 cup sugar. | |
| ½ cup milk. | |

Beat eggs separately, and proceed as usual. Bake in layers in greased tin. This can be baked in two layers, with a layer of fresh berries between, and served with sauce.

CHOCOLATE FUDGE CAKE.

- | | |
|---------------------|----------------------------|
| ½ cup butter. | 3 teaspoons baking powder. |
| 1 cup sugar. | 1 cup nut meats. |
| Yolks of two eggs. | 2 squares chocolate. |
| Whites of two eggs. | 1 teaspoon Vanilla |
| 1½ cups flour. | (Bee Brand). |
| ½ cup milk. | |

Mix after usual manner. Melt chocolate and add last. This will make two good-sized layers. They may be put together with frosting, or cut in small squares like fudge. Bake in moderate oven as chocolate burns easily.

MRS. KING'S GINGER BREAD.

- | | |
|----------------------------|-----------------------------|
| 1 cup brown sugar. | 1 teaspoon Bee Brand |
| 1 cup Porto Rico molasses. | Powdered Cinnamon. |
| 1 cup sweet milk. | ½ teaspoon Bee Brand |
| ¾ teaspoon soda in 2 | Nutmeg. |
| tablespoons boiling | 2 tablespoons lard. |
| water. | 2 tablespoons butter. |
| 2 teaspoons Bee Brand | ⅛ teaspoon salt. |
| Powdered Ginger. | 1 tablespoon baking powder. |
| 3 cups flour. | 2 eggs. |

Mix and sift dry ingredients. Beat eggs without separating, add sugar, molasses and milk, shortening, and gradually beat in dry ingredients, reserving soda, which is stirred in boiling water, and beaten in last. Pour in pan or muffin rings. Add a cup of currants if desired. The mixture should be the consistency of muffin batter; add a little more flour if necessary.

Brave is the lion vanquisher, brave is the world subduer, but braver is he who has subdued himself.

COFFEE GINGER BREAD—(Without Eggs).

- | | |
|----------------------------|-----------------------------|
| 1 cup molasses. | 1 tablespoon boiling water. |
| 1 cup strong coffee (hot). | 1 tablespoon Bee Brand |
| 1 cup brown sugar. | Ground Ginger. |
| $\frac{1}{2}$ cup lard. | 1 tablespoon Bee Brand. |
| $\frac{1}{2}$ cup butter. | Ground Cinnamon. |
| 1 teaspoon soda. | Flour for mixing |

Mix butter and lard, dissolved soda in the tablespoon of boiling water, and stir into molasses. Pour over the butter and lard; add boiling coffee and sugar, and then beat in flour, sifted with seasonings. Pour in greased pans, and bake in moderate oven, on account of the tendency of molasses to burn. By adding a little flour this can be rolled in a sheet and cut into cookies.

GINGER CUP CAKE—(Dover House).

- | | |
|----------------------------|--------------------------|
| $3\frac{1}{2}$ cups flour. | 2 tablespoons Bee Brand. |
| 1 cup brown sugar. | Ground Ginger |
| 1 cup butter. | 1 tablespoon Bee Brand |
| $\frac{1}{2}$ cup milk. | Ground Cinnamon. |
| 1 cup molasses. | 1 tablespoon Bee Brand |
| 1 teaspoon soda. | Ground Cloves. |
| 5 eggs. | |

Cream butter very light. Beat eggs separately. Dissolve soda in one tablespoon boiling water, and stir into molasses, and beat until that is light. Put together as usual, adding flour and milk alternately, then the beaten whites. Bake in moderate oven in sheet, loaf or small muffin shapes. This is a delicious cake.

HOT WATER SPONGE CAKE.

- | | |
|----------------------------------|--------------------------------------|
| 3 eggs. | $\frac{1}{8}$ teaspoon salt. |
| 1 cup sugar. | $\frac{1}{2}$ teaspoon Bee Brand |
| 1 cup flour. | Lemon Extract. |
| $\frac{1}{3}$ cup boiling water. | $\frac{1}{2}$ teaspoon baking powder |
- Follow directions for mixing sponge cake.

OLD-FASHIONED SPONGE CAKE.

- | | |
|---------------|---------------------------|
| 4 cups flour. | 12 eggs (leave out yolks. |
| 2 cups sugar. | of two). |

Beat eggs separately; cut and fold in whites last, and bake in moderate oven for about fifty minutes. When the cake springs back into place when touched lightly with the finger it is done. Bake in greased pan, lightly sprinkled with flour. Turn pan upside down and tap sharply to remove surplus flour.

ICE CREAM CAKE.

Whites of eight eggs	1 cup corn starch.
beaten stiff.	4 teaspoons baking powder.
2 cups sugar.	$\frac{1}{2}$ teaspoon Bee Brand
1 cup butter.	Almond Extract.
2 cups flour.	
1 cup milk.	

Sift all dry ingredients together, and add alternately with milk to creamed butter and sugar; egg whites last. Put together with boiled or marshmallow frosting. Three layers.

ANGEL CAKE.

1 cup sugar.	Whites of nine large eggs.
1 cup sifted flour.	1 teaspoon Bee Brand
$\frac{1}{2}$ teaspoon cream of tartar.	Almond Extract.
	$\frac{1}{4}$ teaspoon salt.

Sift the sugar and flour together five times. Beat up the whites of eggs stiffly, then add the cream of tartar sifted to them, and beat till stiff.

Add the sugar and flour, and cut and fold the whites in very carefully so as not to break the air cells. Flavor with almond extract. Pour into a tin lined with oiled paper. Bake in a slow oven.

After twenty-five minutes the heat may be increased a little. It will require forty or fifty minutes to bake. It is important that this cake should not be jarred while baking. When done invert to cool. Cover with boiled frosting.

MAINE DOUGHNUTS.

1 egg and 1 yolk.	1 teaspoon salt.
1 cup sugar	$\frac{1}{4}$ teaspoon Bee Brand
1 cup milk.	Mixed Spice.
4 teaspoons baking powder.	Flour for a soft dough.

Beat eggs, add sugar gradually, then milk and rest of ingredients sifted with two cups of flour. Beat and mix thoroughly. Add enough extra flour to form a soft dough. Cut off a small piece at a time, and pat and roll about one-quarter inch in thickness. Cut with a ring cutter, drop in hot, deep fat. Slide

It is faith in something and enthusiasm for something, that makes a life worth looking at.—Holmes.

the doughnuts down the side of the kettle to put them in the fat. Cook only three at a time. Turn frequently. Lift from fat and drain on soft paper. Sprinkle with powdered sugar. A Scotch kettle is the best utensil for deep fat frying.

MOIST CHOCOLATE CAKE—(Janet M. Hill).

$\frac{1}{3}$ cup of butter.	$\frac{1}{4}$ cup sweet milk.
1 cup sugar.	1 cup sifted flour.
Yolks of two eggs.	$1\frac{3}{4}$ teaspoons baking powder.
Whites of two eggs.	$\frac{3}{4}$ cup walnut meats cut fine.
1 square melted chocolate.	
$\frac{1}{2}$ cup hot mashed potato.	

Cream butter and gradually beat in the first half-cup of sugar. Beat egg yolks, and then add second half cup of sugar. Add potato, which must be freshly cooked, and beaten up very light with a tablespoon of hot milk. Add chocolate, egg whites beaten very stiff, nut meats, then milk, and last of all the flour in which has been sifted the baking powder. Beat again, and bake in a greased sheet pan in a moderate oven. This is particularly good cake, and on account of the potato will keep moist and nice for days. Frost or not, as desired.

QUICK SPICE CAKE—(Miss Farmer).

$\frac{1}{3}$ cup soft butter.	3 teaspoons baking powder
$1\frac{3}{4}$ cups brown sugar.	$\frac{1}{2}$ teaspoon Bee Brand Cinnamon.
2 eggs.	$\frac{1}{2}$ teaspoon Bee Brand Nutmeg.
$\frac{1}{2}$ cup milk.	
$1\frac{3}{4}$ cups flour.	
$\frac{1}{2}$ cup raisins or figs cut in small pieces.	

Put ingredients in a bowl (first sifting together flour and baking powder), and beat hard with a wooden spoon. Bake in greased sheet pan for forty minutes in moderate oven. This may be baked in layers, if preferred.

BROWNIES.

$\frac{1}{3}$ cup butter.	1 cup flour.
$\frac{1}{3}$ cup sugar.	1 cup chopped nut meats.
$\frac{1}{2}$ cup molasses.	$\frac{1}{2}$ cup raisins.
1 egg.	

Mix as usual, only do not separate egg whites from yolk. Bake as drop cakes, or in small fancy cake tins well buttered. Half a nut meat may be pressed in place on top of each cake before putting in oven.

BLACK CAKE (1860).

1 lb. butter.	1 Bee Brand Nutmeg
1 lb. sugar.	(grated).
1 lb. flour.	1 tablespoon Bee Brand
10 eggs.	Ground Cinnamon.
2 lbs. currants.	$\frac{1}{2}$ teaspoon baking soda.
2 lbs. seeded raisins.	1 wineglass brandy.
$\frac{3}{4}$ lb. candied citron peel.	2 wineglasses sherry.

Beat butter and sugar till creamy, beat up the eggs and add them gradually, then add flour, soda, spices, citron cut in small pieces, raisins and currants cleaned, brandy and sherry wine. Mix carefully, turn into a buttered and papered tin. Bake in a moderate oven for three hours. Keep covered after crust forms on top. This is particularly good served with sauce as a dessert.

Half of this recipe makes a good size cake.

EGGLESS, MILKLESS, BUTTERLESS CAKE.

1 cup brown sugar rolled and sifted	4 tablespoons lard.
1 cup raisins cut in halves.	$1\frac{1}{2}$ teaspoons Bee Brand
1 cup water.	Cake Spice.

Boil the above for three minutes after boiling starts. Cool to luke warm, and add $1\frac{1}{2}$ teaspoons of soda dissolved in one tablespoon of warm water, 1 teaspoon of baking powder sifted in two cups of sifted flour. Beat hard, and bake in a well greased pan, or in muffin tins. This recipe will make eight good sized muffins, and is well worth trying.

He most lives who thinks most, feels the noblest, acts the best.
—Bailey.

WAR TIME CAKE (1917).

1½ cups sugar.	4 teaspoons baking powder.
3 cups sifted flour.	1½ teaspoons Bee Brand
1 cup milk.	Cake Spice.
⅔ cup shortening	1 tablespoon lemon juice.
(Crisco or lard).	½ cup raisins (these may
¾ cup egg yolks.	be omitted).

Cream shortening and sugar together and finish mixing in usual manner, bake in loaf or in muffins.

GRAHAM CRACKER CAKE (Janet M. Hill).

½ cup butter.	1 lb. graham crackers
1 cup sugar.	rolled and sifted.
1½ cups milk.	3 egg whites beaten dry.
3 egg yolks.	Few gratings of Bee Brand
2 teaspoons baking powder.	Nutmeg.

Mix as usual. Bake in two layers. Put together with grape jelly, and cover top and sides with Mocha Frosting (see recipe page 103).

STRAWBERRY SHORT CAKE.

1½ cups sifted flour.	3 tablespoons lard.
½ cup corn starch.	3 tablespoons butter.
4 teaspoons baking powder.	½ teaspoon salt.
1½ boxes of berries.	Milk for mixing.

Sift together the dry ingredients (three times). Cut in shortening, add milk a little at a time, and with a knife mix to a soft dough. Divide dough in halves, and pat out to fit two round layer cake tins (greased). Bake a light brown, butter generously while hot, and put together with berries cut in halves and well sweetened. Spread same mixture over top and ornament with whole berries or whipped cream.

Charm strikes the sight,
but merit wins the soul.

BANANA SHORT CAKE (Serves four people).

- | | |
|---------------------------------|---|
| 3 tablespoons butter. | 2 bananas. |
| $\frac{1}{2}$ cup sugar. | English Cream Filling (see
recipe page 110). |
| 1 egg. | 1 egg white. |
| 2 tablespoons milk. | 2 tablespoons sugar. |
| $\frac{7}{8}$ cup sifted flour. | |
| 1 teaspoon baking powder. | |

Mix as any cake. Bake in square layer cake tin. When baked, put peeled bananas cut in halves lengthwise, and again crosswise, on top of the cake. Cover with English Cream Filling (use half recipe given). Cover with a meringue made of the egg white and two tablespoons of sugar. Brown lightly in a slow oven. Serve with Maraschino Sauce.

MARASCHINO SAUCE.

- | | |
|----------------------------------|---|
| 2 teaspoons corn starch. | 1 doz. Maraschino cherries,
cut in shreds. |
| $\frac{1}{2}$ cup sugar. | $\frac{1}{2}$ cup Maraschino syrup. |
| 1 cup boiling water. | 1 teaspoon lemon juice. |
| $\frac{1}{2}$ tablespoon butter. | |

Stir well together corn starch and sugar, add boiling water, and cook until smooth and clear stirring constantly. Add other ingredients and serve at once or sauce will have to be thinned.

PLAIN BOILED FROSTING.

- | | |
|----------------------------------|--|
| 1 cup sugar. | Bee Brand Extract (Vanilla
or Bitter Almond). |
| $\frac{1}{3}$ cup boiling water. | |
| 1 egg white. | |

Put sugar and water in a saucepan, and stir gently until melted, then boil rapidly without stirring, until the syrup spins a long hair when tried in cold water.

Beat the egg white very stiff, adding a speck of salt to harden the cells, and so hold the beaten in air. Pour the boiling syrup on this beaten egg, beating vigorously all the time. Continue to beat for a few minutes until mixture stiffens to a thick cream. Beat in a teaspoon of vanilla, or half teaspoon of almond, and spread between layers and on top of cake. This makes a fine, glossy frosting.

"It is he who is wrong, that first gets angry."
—Penn.

SOFT MAPLE FROSTING.

1½ cups fine granulated sugar.	Whites of two eggs.
⅔ cup boiling water.	1 teaspoon Bee Brand Maple Flavoring.

Proceed as in above recipe, only covering saucepan after sugar begins to dissolve, in order that the steam may dissolve any crystals of sugar thrown upon sides of saucepan during boiling. Continue as before, and set bowl containing frosting in a pan of hot water on the stove beating the mixture from time to time until it thickens and begins to harden slightly against the sides of the bowl. Remove from fire, beat until rather cool, and spread on cake as thick as desired. This is a most satisfactory and delicious frosting.

MARSHMALLOW FROSTING.

1 cup granulated sugar.	1 teaspoon Bee Brand
¼ cup water.	Vanilla Extract.
¼ lb. Marshmallows cut in four pieces each.	Whites of two eggs.

Proceed exactly as in soft maple frosting. Add marshmallows to hot syrup just as it is being poured over beaten egg whites. Dry out over hot water as in other recipe, and spread when nearly cold. This makes a very light, fluffy icing, and is meant to be used on the top of a cake.

BOILED CHOCOLATE FROSTING.

4 squares chocolate.	2 teaspoons Bee Brand
2 cups sugar.	Vanilla.
1 tablespoon butter.	2 teaspoons cornstarch
½ cup milk.	(level).

Cut chocolate in pieces, and let melt over hot water. When quite smooth add milk, and then the sugar gradually, stirring constantly; then cornstarch. After all is well melted remove vessel from hot water, but keep away from intense heat, and stir, or chocolate will burn. When a soft ball can be formed in cold water remove from stove, add butter, beat a minute, add vanilla, beat another minute and spread on cake.

To read without reflecting
is like eating without digesting.

COCOA FROSTING—(Miss Farmer).

- | | |
|---------------------------|-------------------------|
| 1½ tablespoons of butter. | ¼ cup of milk. |
| ⅓ cup of powdered cocoa. | 1 teaspoon of Bee Brand |
| 1¼ cups of granulated | Vanilla. |
| sugar. | A speck of salt. |

Melt butter in a saucepan, add sugar, cocoa, salt and milk, heat to boiling point, and continue cooking until mixture forms a soft ball when tried in cold water. Remove from fire, add vanilla, beat one minute and spread. If frosting hardens before it can be spread, add a few drops of boiling water. Double recipe for larger cake.

MOCHA FROSTING.

- | | |
|-------------------------------|-----------------|
| 1 cup butter. | Coffee extract. |
| 2½ cups confectioners' sugar. | |

With a wooden spoon beat butter to a cream, beat in the sugar gradually, add extract to tint and flavor as desired. This is a very nice frosting, and is used for covering small cakes. Is usually put on with bag and pastry tube.

WHIPPED CREAM FILLING.

- | | |
|---|-------------------------------|
| 1 pint rich cream (kept on ice 24 hours). | 1 teaspoon Bee Brand |
| 3 tablespoons sugar. | Vanilla. |
| 1 egg white. | Whip Cream until quite stiff. |

Use only the froth of the cream, beat egg white stiff, and add with sugar and vanilla. Beat all together, and spread between layer cake and pile on top. Serve with strong after-dinner coffee for dessert.

COLORED FROSTING FOR CAKES.

To recipe for plain frosting use a few drops of McCormick's Bee Brand Coloring. Add this just before spreading on the cake. Ornament with nuts, fruits, etc.

PLAIN CHOCOLATE FROSTING—(Not Cooked).

- | | |
|-------------------------------|----------------------|
| 1½ cups confectioners' sugar. | 1 oz. chocolate. |
| ⅓ cup boiling water. | 1 teaspoon Bee Brand |
| | Vanilla Extract. |

If you would learn the value of money, try to borrow some, for he that goes a borrowing, goes a sorrowing.

Melt chocolate over hot water. Add boiling water and stir until smooth. Remove from fire, add sugar gradually, then flavoring. Beat two minutes and spread. Add a few drops of boiling water, if necessary, to make frosting run smoothly.

FROSTING FOR LADY BALTIMORE CAKE.

(This recipe came from Charleston, South Carolina, and is Owen Wister's famous Lady Baltimore Cake.)

(See recipe, page 91).

- | | |
|-------------------------|--------------------------|
| 1 cup granulated sugar. | 1 cup nuts (English wal- |
| 1 cup boiling water. | nuts or pecans). |
| Whites of three eggs. | 3 figs chopped fine. |
| 1 cup chopped raisins. | |

Cook sugar and water as for boiled frosting (until it spins a long hair). Pour in a fine stream on stiffly-beaten whites of eggs, add fruit, and beat all together. When cold put between layers and on top of cake. Allow to stand all night. This makes a creamy, delicious filling, which will keep its shape.

ROBERT E. LEE CAKE DRESSING.

- | | |
|------------|------------------------|
| 3 oranges. | 3 lemons (juice only). |
| 3 bananas. | 1 cup sugar. |

Remove skins and seeds. Cut all fruit in small chunks and sweeten. Spread over sheet cake, and serve for dessert.

LEMON FILLING.

- | | |
|----------------------------|----------------------------|
| 2 tablespoons butter. | 2 egg yolks (well beaten). |
| 1¼ cups sugar. | 2 tablespoons cornstarch. |
| 2 lemons (rind and juice). | ½ cup hot milk. |

Mix thoroughly sugar and cornstarch. Stir into this the hot milk and cook in a double boiler until thick and smooth, adding egg yolks during the cooking. Add butter, lemon juice and rind. Continue cooking until well thickened. Remove from fire, cool and spread between layers of cake. Cover top with plain white or any desired frosting.

PLAIN CARAMEL FROSTING.

- | | |
|-----------------------|--|
| 3 cups sugar. | 1 cup cream. |
| 2 tablespoons butter. | ½ teaspoon Bee Brand
Vanilla Extract. |

Pride costs more
than hunger, thirst and cold.

Put the sugar, cream and butter into a saucepan, stir until dissolved, then boil without stirring, until when dropped in cold water it is hard enough to be waxy. Add the vanilla. Then set the pan in cold water for a minute, pour the mixture on the cake while still soft enough to spread. It will settle into a smooth surface almost instantly.

FLUFFY CARAMEL FROSTING.

Follow recipe for plain-boiled frosting, using brown sugar instead of white, and beat two extra tablespoons of uncooked brown sugar in the hot syrup after it has been poured over the egg whites.

FILLING FOR SURPRISE COOKIES—(Miss Philip).

1 cup of seeded raisins cut in halves.	1 teaspoon Bee Brand Vanilla.
$\frac{1}{2}$ cup of sugar.	$\frac{1}{2}$ cup nut meats cut fine.
$\frac{1}{2}$ cup of water.	Few gratings lemon rind.
1 teaspoon of flour.	

Cook until thick, and spread between two cookies, press together and bake. For cookies use recipe for Oneonta Cookies. This filling is just enough for that recipe. Frost or not as desired.

All who joy would win, must share it,
Happiness was born a twin.

PUDDINGS AND SWEET DISHES

"Comfort me with apples."

—Song of Solomon.

All the ingredients for puddings should be fresh and of good quality.

Eggs should always be broken separately into a cup before they are thrown together in the same basin, as a single bad one will occasion the loss of many when this precaution is neglected.

The perfect sweetness of suet and milk should be especially attended to before they are mixed into a pudding, as nothing can be more offensive than the first when it is over kept, nor worse in its effect than the curdling of the milk, which is the certain result of its being even slightly soured.

Custard puddings to have a good appearance must be simmered only, but without ceasing; for if boiled in a quick and careless manner the surface, instead of being smooth and velvety, will be full of holes, or honeycombed, and the whey will flow from it and mingle with the sauce.

A very little salt improves all sweet puddings by overcoming the insipidity, and bringing out the full flavor of the other ingredients, but its presence should not be in the slightest degree perceptible.

COTTAGE PUDDING.

4 tablespoons butter.	2 teaspoons baking
1 cup sugar.	powder.
2 eggs.	$\frac{1}{4}$ teaspoon salt.
$\frac{1}{2}$ cup milk.	1 teaspoon Bee Brand
$1\frac{1}{2}$ cups flour.	Vanilla Extract.

Cream butter and sugar together; add yolks of eggs beaten until thick, then flour (in which baking powder and salt have been sifted), alternately with the milk; beat well, add vanilla extract and the well-beaten whites.

Pour into a well-buttered pudding dish. Bake forty-five minutes in a moderate oven. Serve with wine sauce.

BEE BRAND TAPIOCA CUSTARD PUDDING.

$\frac{1}{4}$ cup Bee Brand Pearl Tapioca, or	2 eggs.
$\frac{1}{8}$ cup Bee Brand Granulated Tapioca.	$\frac{1}{3}$ cup sugar.
2 cups milk.	Pinch of salt.
	1 teaspoon Bee Brand Vanilla Extract.

Bee Brand Pearl Tapioca should first be washed and then soaked for five or six hours or over night. Drain off the water before using.

Bee Brand Granulated Tapioca should be soaked in enough water to cover until the water is absorbed. It is then ready for use.

Twice as much Bee Brand Pearl Tapioca as Bee Brand Granulated Tapioca should be used for the same purpose.

Prepare the tapioca as directed. Put the milk in a double boiler, add tapioca and cook until the tapioca is soft and transparent. Pour this into the beaten yolks of eggs to which have been added sugar and salt. Replace mixture in the double boiler and cook three minutes; fold in the beaten whites and add vanilla. When cool serve.

BEE BRAND DANISH PUDDING OR FRUIT TAPIOCA.

$\frac{3}{4}$ cup Bee Brand Pearl Tapioca, or	$\frac{1}{2}$ teaspoon salt.
$\frac{3}{8}$ cup Bee Brand Granulated Tapioca.	$\frac{1}{4}$ cup sugar.
$1\frac{1}{2}$ pints boiling water.	$\frac{1}{2}$ tumbler currant jelly.
	$\frac{1}{2}$ teaspoon Bee Brand Rose Extract.

Prepare tapioca as directed. Place boiling water and tapioca in a double boiler and cook until tapioca is clear, stirring often. Add the salt, sugar and currant jelly.

Stir until jelly is dissolved, then add rose extract. Pour into a dish and keep on ice. Serve cold with sugar and cream.

BEE BRAND APPLE TAPIOCA.

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| $\frac{3}{4}$ cup Bee Brand Pearl Tapioca, or | 7 cooking apples.
$\frac{1}{2}$ cup sugar. |
| $\frac{3}{8}$ cup Bee Brand Granulated Tapioca. | $\frac{1}{4}$ teaspoon Bee Brand Ground Nutmeg or Cinnamon. |
| $2\frac{1}{2}$ cups boiling water. | |
| $\frac{1}{2}$ teaspoon salt. | |

Prepare tapioca as directed. Add tapioca and salt to boiling water and cook in double boiler until transparent. Core and pare apples, put in buttered pudding dish.

Fill the cavities with sugar and spice, pour the tapioca over the apples and bake in a moderate oven until the apples are soft. Serve with sugar and cream or a sweet sauce.

BEE BRAND PEACH TAPIOCA.

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| 1 cup Bee Brand Pearl Tapioca, or | Boiling water. |
| $\frac{1}{2}$ cup Bee Brand Granulated Tapioca. | $\frac{1}{2}$ cup sugar. |
| 1 can peaches. | $\frac{1}{4}$ teaspoon salt. |
| $\frac{1}{4}$ cup powdered sugar. | 1 teaspoon Bee Brand Peach Extract. |

Prepare tapioca as directed. Drain peaches, sprinkle with powdered sugar and let stand for one hour. To peach syrup add enough boiling water to make three cups; heat to boiling point; add tapioca, sugar, salt and peach extract; then cook in double boiler until transparent.

Line a pudding dish with peaches cut in quarters, fill with tapioca and bake in moderate oven thirty minutes. Cool slightly and serve with cream and sugar or a sweet sauce.

FLOATING ISLAND CUSTARD.

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| 2 cups milk. | $\frac{1}{2}$ teaspoon Bee Brand Vanilla Extract. |
| 4 eggs. | |
| 3 tablespoons sugar. | $\frac{1}{2}$ teaspoon Bee Brand Lemon Extract. |
| Pinch of salt. | |

Scald the milk in a double boiler. Mix egg yolks, sugar and salt; add scalded milk to them; return to double boiler, and cook, stirring all the time until the mixture thickens and is of a

smooth and creamy consistency. Strain into a cold dish and add flavorings when cold.

Should the custard begin to curdle, set immediately into a dish of cold water and beat briskly with a wire whisk or egg beater.

Garnish the custard with a meringue made with the whites of eggs adding to them four tablespoons of sugar, and one-half teaspoon Bee Brand Vanilla, beaten until stiff.

The meringue may first be poached in boiling water in spoonfuls then dropped on top of custard; or may be placed there without being poached, and teaspoonfuls of red currant jelly placed on top of each island.

BREAD CUSTARD.

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| 2 cups stale bread crumbs. | 1 tablespoon Bee Brand |
| 3 pints sweet milk. | Extract Vanilla. |
| 1 tablespoon butter. | 4 yolks of eggs. |

Mix bread crumbs, milk, butter, Bee Brand Vanilla, and yolks of eggs, sweeten to taste. Pour into a buttered pudding dish and bake until light brown. Beat the whites of eggs until stiff, add one tablespoon powdered sugar to each egg. Spread over the top and bake a light brown.

CORN MEAL CUSTARD PUDDING.

Melt 3 tablespoons of butter and in it cook 3 tablespoons of fine corn meal. Add 1 cup of milk and stir until boiling, then cook over boiling water for 20 minutes. Remove from fire, beat in yolks of 3 eggs beaten light, mix with $\frac{1}{4}$ teaspoon salt and $\frac{1}{3}$ cup sugar. Then fold in whites of eggs beaten very light, turn mixtures into greased pudding dish dredged with sugar. Let bake, standing dish in a pan of boiling water. It should be firm in centre. Serve with

MOCHA SAUCE.

Beat $\frac{1}{2}$ cup butter to a cream, then gradually beat in $1\frac{1}{2}$ cups of confectioners' sugar, then beat in drop by drop $\frac{1}{2}$ cup of very **strong** coffee to flavor and tint as desired.

GINGER PUDDING.

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| 1 egg. | 1 teaspoon Bee Brand |
| 3 tablespoons sour cream | Ground Ginger. |
| or milk. | 1 teaspoon Bee Brand |
| $\frac{3}{4}$ tablespoon melted | Ground Cinnamon. |
| butter. | 1 cup flour. |
| $\frac{1}{4}$ cup molasses. | 1 teaspoon baking soda |
| | dissolved in hot water. |

Truth is the highest thing a man may keep
Hear no ill of friend, nor speak any of an enemy.

Mix all the ingredients together and bake in buttered muffin pans in a moderate oven. If sour milk is not used, two teaspoons cream of tartar can be used. To be served hot with a sweet sauce.

RENNET OR JUNKET.

1 quart sweet milk.	Or 1 Junket Tablet.
4 tablespoons sugar.	1 tablespoon Bee Brand
1 tablespoon liquid rennet.	Vanilla Extract.

Heat the milk, when lukewarm add sugar, vanilla and rennet. Pour into a glass dish or glasses and set in a warm place until firm. Remove carefully, without shaking, to a cold place or the refrigerator and let stand until time to serve.

Serve with or without cream. One junket tablet dissolved in one tablespoon cold water may be used instead of liquid rennet.

BOSTON CREAM PUFFS (One Dozen).

$\frac{1}{2}$ cup butter.	4 small or 3 large eggs.
1 cup boiling water.	$\frac{1}{4}$ teaspoon salt.
1 cup sifted flour.	

Put butter in saucepan, add water, bring to boiling point, and gradually add flour and salt stirring constantly. When mixture leaves the sides of the pan, remove from fire, and break one egg at a time into the mixture, beating thoroughly between each addition of the eggs. Let cool somewhat, and drop by spoonfuls on a greased baking sheet. Bake in a rather hot oven for thirty minutes, or until light and dry when lifted from the pan. Unless the puffs are thoroughly done they will shrivel as they cool. It is a good plan to leave puffs in the stove with the oven door open for ten minutes after they seem to be done. With a sharp pointed knife cut a slit in the side and by means of a pastry bag or a small spoon fill with English Cream Filling (see recipe).

ENGLISH CREAM FILLING.

(For Boston Cream Puffs, Cream Cakes, Chocolate Eclairs, etc.)

1 pint hot milk.	$\frac{1}{4}$ cup sugar.
$\frac{1}{2}$ cup sifted flour.	$\frac{1}{4}$ teaspoon salt.
$\frac{1}{2}$ cup sugar.	1 teaspoon Bee Brand
2 eggs (4 yolks may be used).	Vanilla.

To live in hearts we leave behind,
is not to die.

Sift together the flour, salt and $\frac{1}{2}$ cup of sugar. Gradually add the hot milk to this, and cook over hot water, stirring until mixture thickens well. It will take about fifteen minutes to complete cooking and stirring need not be constant after first five minutes. Stir and beat until perfectly smooth, and if necessary strain through coarse sieve. Add beaten egg, the $\frac{1}{4}$ cup of sugar, and stir until eggs look cooked. Remove from fire, cool and flavor. An ounce of chocolate may be melted and cooked with two tablespoons of sugar and water each, and added to the custard, if chocolate filling is wanted.

For Coffee Filling.— $\frac{1}{4}$ cup of strong coffee may replace same amount of milk for a coffee filling.

TAPIOCA OR RICE CUSTARD.

$\frac{1}{8}$ cup Bee Brand Granu-	2 eggs.
lated Tapioca or $\frac{1}{4}$ cup	$\frac{1}{2}$ cup sugar.
rice or Bee Brand Pearl	$\frac{1}{8}$ teaspoon salt.
Tapioca.	1 teaspoon Bee Brand
2 cups milk.	Vanilla Extract.

Soak the tapioca in enough cold water to cover it, until it absorbs the water, add to the milk and cook in a double boiler until the tapioca is soft and transparent, pour the hot milk over the yolks of eggs, sugar and salt; return to double boiler and cook three minutes, remove from fire, add the beaten whites and vanilla extract. Serve cold. Rice must be cooked until soft in boiling water.

SCALLOPED APPLES.

2 cups chopped apples.	$\frac{1}{4}$ teaspoon Bee Brand
2 cups buttered bread	Ground Cinnamon.
crumbs.	Strained juice and rind of
$\frac{1}{2}$ cup brown sugar.	half lemon.
$\frac{1}{4}$ teaspoon Bee Brand	$\frac{1}{4}$ cup water.
Nutmeg.	

Pare, core and chop the apples. Mix together the sugar, spices and grated lemon rind. Arrange in a buttered baking dish first the bread crumbs, then a layer of apples, then the spice mixture; repeat process until the dish is full, add the lemon juice and water before the top covering of crumbs.

Cover and bake in a moderate oven from three-quarters to one hour or until the apples are soft. Then uncover and cook until the crumbs are brown. Serve with hard sauce.

Never trouble another for what you can do yourself.
—Jefferson.

CARROT PUDDING (Eastern Shore).

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| 1 cup grated carrots. | 1 cup nutmeats cut in pieces. |
| 1 cup Irish potato (boiled and mashed). | 1 cup figs and dates mixed (cut fine). |
| 1 cup raisins cut in pieces. | 1 cup finely chopped beef suet. |
| 1 cup currants (well washed). | |
| 1 cup brown sugar rolled and sifted. | |

Mix thoroughly together, put in a buttered pudding mold, and steam four hours after cooking starts. Serve with hard sauce.

TAPIOCA CREAM.

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| 3 tablespoons Bee Brand Granulated Tapioca. | 2 cups milk. |
| $\frac{1}{3}$ cup sugar. | $\frac{1}{8}$ teaspoon salt. |
| 2 eggs. | 1 teaspoon Bee Brand Pear Extract. |
| | 2 tablespoons sugar. |

Soak the tapioca with a little cold water, then add the milk and cook until tapioca is clear and transparent, then add yolks of eggs, sugar, and salt which have been beaten together.

Cover with a meringue made with the whites of the eggs and the two tablespoons of sugar and then put in oven to brown delicately.

Always pour a hot mixture over the beaten eggs, instead of pouring eggs into hot mixture.

Boil for two minutes, add pear extract, put into buttered baking dish and allow to get cold.

BAKED OR CUP CUSTARD.

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| 6 eggs. | Bee Brand Extract. |
| $\frac{3}{4}$ cup sugar. | Bee Brand Ground Cinnamon and Nutmeg. |
| 1 quart milk. | |

Beat eggs, sugar and milk, and any Bee Brand Extract for flavoring.

Nothing is troublesome that we do willingly
To make and keep friends be ever cheerful.

Fill custard cups, sift a little Bee Brand Nutmeg or Bee Brand Cinnamon over the tops, set them in a moderate oven in a shallow pan half filled with hot water. In about twenty minutes try them with the handle of a teaspoon to see if they are firm.

Judgment and care is needed to attain skill in baking custard; for if let in the oven a minute too long, or if the fire is too hot the milk will certainly whey.

Serve cold, with fresh fruit sugared and placed on top of each. Strawberries, peaches or raspberries as preferred.

The usual rule for a custard is, eight eggs to a quart of milk, but as a general rule a good custard can be made of six, or even less eggs, especially with the addition of a level table spoon of cornstarch thoroughly blended in the sugar before adding the ingredients.

Custards may be baked, boiled or steamed, either in cups or one large dish. It improves custards to first boil the milk and then cool it before being used; a little salt adds to the flavor.

A very small lump of butter may also be added if you want to enrich the custard. If whole milk is used this is unnecessary.

DATE PUDDING.

$\frac{1}{2}$ lb. dates.	$\frac{1}{2}$ teaspoon baking soda.
3 tablespoons butter.	$\frac{1}{4}$ teaspoon each of Bee
$\frac{1}{2}$ cup molasses.	Brand Cloves, All-
$\frac{1}{2}$ cup milk.	spice, and Nutmeg.
$1\frac{2}{3}$ cups flour.	

Stone dates and cut into small pieces. Melt the butter, add molasses and milk. Mix the dry ingredients and sift to blend them thoroughly. Add these to the butter mixture and lastly add the dates.

Pour into a buttered mold, cover with buttered paper and steam for one and a half hours. Serve with rich pudding sauce.

BEE BRAND DATE TAPIOCA.

$\frac{1}{2}$ cup Bee Brand Pearl	1 egg.
Tapioca, or	$\frac{1}{4}$ cup sugar.
$\frac{1}{4}$ cup Bee Brand Granu-	$\frac{1}{4}$ teaspoon Bee Brand
lated Tapioca.	Grated Nutmeg.
2 cups milk.	$\frac{1}{2}$ cup chopped dates.
1 teaspoon butter.	

When angry, count ten before you speak; if very angry, count a hundred.—Jefferson.

Scald the milk in a double boiler and shake the tapioca into it, stirring all the time. When it begins to thicken, add butter, egg well beaten, sugar, nutmeg and dates. A portion of the hot milk should be poured on the egg and returned to double boiler. Then add other ingredients. Pour into a buttered pudding dish and bake in a moderate oven for thirty minutes.

BEE BRAND TAPIOCA SPONGE.

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| $\frac{1}{2}$ cup Bee Brand Pearl Tapioca, or | 1 cup water. |
| $\frac{1}{4}$ cup Bee Brand Granulated Tapioca. | $\frac{1}{2}$ cup sugar. |
| 1 cup fruit juice. | $\frac{1}{4}$ teaspoon salt. |
| | Whites of two eggs. |

Heat water and fruit juice in a double boiler, then stir in tapioca. Cook until clear. Add sugar and salt.

Fold in beaten whites of eggs; cook two minutes longer; then turn into wet molds to set.

Serve with a soft custard made with yolks of eggs, one cup milk, sweetened and flavored with Bee Brand Almond Extract.

BEE BRAND COCOANUT TAPIOCA.

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| $\frac{2}{3}$ cup Bee Brand Pearl Tapioca, or | 4 tablespoons grated cocoanut. |
| $\frac{1}{3}$ cup Bee Brand Granulated Tapioca. | $1\frac{1}{4}$ cups sugar. |
| 2 pints milk. | 1 teaspoon Bee Brand Almond Extract. |
| 4 eggs. | |

Boil the milk, then shake in the Tapioca, and boil for thirty minutes. Beat up the yolks of eggs with one cup of the sugar, add three tablespoons of grated cocoanut, stir in and boil for ten minutes longer, then add the almond extract.

Pour into a buttered pudding dish. Beat the whites of the eggs to a stiff froth, stir in the rest of the sugar and beat again, put this meringue over the top, and sprinkle cocoanut over the surface. Brown in the oven for five minutes.

BEE BRAND TAPIOCA DAINTY.

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| $\frac{1}{4}$ cup Bee Brand Pearl Tapioca, or | 1 teaspoon Bee Brand Lemon Extract. |
| $\frac{1}{8}$ cup Bee Brand Granulated Tapioca. | 1 cup whipped cream. |
| 4 tablespoons sugar. | 2 cups milk. |

Boil the milk, then shake in the tapioca and boil till clear. Allow to cool; then add sugar, lemon extract and whipped cream. Serve cold in dainty glasses, decorate with fancy wafer. This is excellent, eaten with either preserved peaches, pears, or stewed fruit.

PRUNE SOUFFLE.

$\frac{1}{4}$ lb. prunes.	1 teaspoon Bee Brand
5 whites of eggs.	Vanilla.

Soak the prunes over night in cold water and cook until soft, then rub through a sieve; add sugar and cook until of the consistency of marmalade.

When cold, fold in the stiffly beaten whites and vanilla extract. Serve with whipped cream.

TRILBY.

1 qt. whipped cream.	$\frac{1}{2}$ teaspoon Bee Brand
$\frac{1}{2}$ lb. marshmallows	Banana Extract.
pulled into pieces.	1 banana.
$\frac{1}{2}$ cup sugar.	2 oranges.
$\frac{1}{2}$ can sliced pineapples.	$\frac{1}{4}$ teaspoon Bee Brand
	Apricot Extract.

All fruits cut fine and mixed with cream and extracts. Serve in dainty glasses decorated with cherries. One pint heavy cream whips to one quart.

STUFFED BAKED APPLES.

Apples.	Blanched almonds.
Sugar.	1 teaspoon Bee Brand
Seeded raisins.	Apple Extract.

Core and peel any number of apples, fill with sugar, raisins, and almonds; place in a pan with water half the depth of fruit, with a spoonful of sugar to each apple. Bake until done in a moderate oven.

Lift out, put on dish and pour syrup round the apples. Serve with whipped and sweetened cream flavored with apple extract. Blanched almonds piercing the apples thickly before being baked, are pretty and good.

APPLE FLOAT.

1 dozen large apples.	Bee Brand Ground
Sugar to taste.	Nutmeg.
Whites of eggs.	

Core and peel the apples, let them cook until they can be pierced with a straw; beat with an egg beater until smooth. Sweeten to taste.

When quite cold add one well beaten white of egg to every cup of apple, flavor with nutmeg. Serve with boiled custard or plain cream.

SWEET OR IRISH POTATO PUDDING.

$\frac{1}{2}$ lb. butter.	Rind of 1 lemon.
$\frac{1}{2}$ lb. sugar.	1 teaspoon Bee Brand
$\frac{1}{2}$ lb. mashed potatoes.	Nutmeg.
$\frac{1}{2}$ gill cream.	1 teaspoon Bee Brand
5 eggs.	Cinnamon.
2 tablespoons brandy.	

Beat butter and sugar to a cream, add eggs well beaten, then add cream, lemon rind, brandy, potatoes and spices. Mix well together and bake in a buttered pudding dish in a moderate oven till firm, or bake in a rich pie crust.

QUEEN OF PUDDINGS.

1 cup sugar.	1 teaspoon Bee Brand
$\frac{1}{2}$ cup powdered sugar.	Vanilla Extract.
2 cups fine bread crumbs.	1 qt. milk.
5 eggs.	$\frac{1}{2}$ cup jelly or jam.
1 tablespoon butter.	

Cream butter and cup of sugar, add yolks beaten light then bread crumbs soaked in the milk, then add vanilla. Bake in a buttered pudding dish until firm. Allow to cool, then spread with jelly or jam.

Cover this with a meringue made from the whipped whites and powdered sugar; brown the meringue a little. In the summer, use fresh strawberries instead of jelly.

Method is the hinge of business, but there is not method without order and punctuality.

BEE BRAND PUDDING (EQUAL TO PLUM PUDDING).

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| 1 cup suet chopped fine. | $\frac{1}{4}$ cup each of cut citron, |
| 1 cup milk. | candied lemon and |
| 2 cups seeded raisins. | orange peel. |
| 1 cup molasses. | 1 teaspoon each of Bee |
| 2 cups flour. | Brand Powdered |
| 1 cup cleaned currants. | Cinnamon Cloves and |
| 1 teaspoon baking soda. | Nutmeg. |

Mix the ingredients together, pour into a well buttered mold and steam for two hours. Serve with any good sauce, either hard or liquid.

CHARLOTTE RUSSE.

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| 3 cups whipped cream. | $\frac{3}{4}$ cup sugar. |
| 2 tablespoons Bee Brand | $\frac{1}{2}$ cup milk. |
| Powdered Gelatine. | 1 teaspoon Bee Brand |
| 2 beaten whites of eggs. | Vanilla Extract. |

Dissolve gelatine in the milk over the fire, cool in ice water; when beginning to thicken fold in the whipped cream with the sugar, vanilla and beaten whites. Pour into a wet mold. Turn out when set.

ITALIAN CREAM.

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| 3 tablespoon Bee Brand | $\frac{1}{2}$ cup sugar. |
| Gelatine. | Grated rind 2 lemons. |
| 3 cups custard. | 2 ozs. each preserved |
| 1 cup cream for whipping. | Ginger, candied fruits |
| 1 cup milk. | and cherries. |

Dissolve the gelatine in the milk. Whip up the cream, add the custard, sugar, grated lemon rinds, and the candied fruits cut fine.

Mix thoroughly and strain in the dissolved gelatine. Stir occasionally until beginning to set, and pour into a mold previously rinsed in cold water. Turn out when firm.

SPANISH CREAM.

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| 3 tablespoons Bee Brand | 4 egg whites. |
| Gelatine. | 4 egg yolks. |
| 1 qt. milk. | 1 teaspoon Bee Brand |
| $\frac{1}{2}$ cup sugar. | Vanilla. |
| $\frac{1}{4}$ teaspoon salt. | $\frac{1}{2}$ cup cold water. |

Put milk over fire in a double boiler. Beat thoroughly together egg yolks and sugar. When milk is scalding hot, add

Civility costs nothing and buys everything
Talent is something, but tact is everything.

gelatine (which has been mixed with the $\frac{1}{2}$ cup of cold water and allowed to stand ten minutes). Stir well together. Add egg mixture and continue stirring until thick and smooth. Remove from fire, fold in stiffly beaten egg whites, add salt and vanilla. Pour into wet moulds. Cool on ice. Turn out when firm and serve with cream or soft custard.

FRUIT JELLY.

3 tablespoons Bee Brand	Juice and rind 1 orange.
Gelatine.	Juice and rind 1 lemon.
$1\frac{1}{2}$ pints boiling water.	4 large bananas.
2 cups sugar.	3 oranges.

Dissolve the gelatine in the boiling water, then add the sugar and rinds. When cool, add orange and lemon juices. Strain into a dish containing the oranges cut up small and bananas sliced. Set away until firm.

DELICIOUS RICE PUDDING WITHOUT EGGS.

3 pints milk.	3 tablespoons rice.
1 tablespoon butter.	$\frac{1}{2}$ teaspoon Bee Brand
1 cup good brown sugar.	Cake Spice.

Wash rice and add to milk with sugar and butter. Put in an earthen baking dish, and let cook about two and a half hours. As a brown crust forms, stir it into the pudding. This should be repeated about three times, or until the milk seems slightly thickened. Before the last stirring add a speck of salt.

This pudding may be eaten hot, but it is better eaten cold, the day after it is made.

NEW ENGLAND QUICK PLUM PUDDING.

4 cups milk.	$1\frac{1}{2}$ cups seeded raisins.
$1\frac{1}{4}$ cups rolled crackers.	$\frac{1}{2}$ grated nutmeg (Bee
1 cup sugar.	Brand).
4 eggs.	$\frac{1}{2}$ teaspoon salt.
$\frac{1}{3}$ cup melted butter.	

Scald milk, and pour over rolled crackers. Cover and let stand until cool, then add sugar and eggs well beaten, spice, salt, butter and raisins. Stir well and turn into a buttered pudding dish and set in pan of boiling water, and bake for two and a half or three hours. After first half hour, stir gently to prevent raisins settling to the bottom. Serve with hard sauce.

ENGLISH PLUM PUDDING (Three Puddings) Old Family Recipe.

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| 1½ doz. eggs. | 1 teaspoon Bee Brand |
| 1½ lbs. stale crumbs of
loaf of bread. | Ground Nutmeg. |
| 1½ lbs. beef suet. | 1 teaspoon Bee Brand |
| 1½ lbs. brown sugar. | Ground Cloves. |
| 1½ lbs. cleaned and washed
currants. | 1 teaspoon Bee Brand |
| 2 lbs. seeded raisins. | Ground Cinnamon. |
| ¾ lb. sliced citron. | ¾ cup Sherry wine. |
| | ¾ cup cooking brandy. |

Beat eggs together in large bowl, and gradually beat in all the other ingredients, mixing thoroughly. Divide into three parts and tie in cloths of heavy twilled and unbleached muslin, scalded and dredged with flour. Tie firmly, leaving plenty of room for pudding to swell. Drop into a pot of boiling water, and boil continuously for four and a half hours. The pot must be filled with boiling water as it boils down, and the temperature must not be changed if you wish a perfect pudding. Remove from the pot and hang in a cool, dry place until needed. When wishing to serve, drop the pudding into boiling water and boil for one hour after boiling begins. Place pudding in a colander to drain a few minutes. Turn out of cloth and serve with hard sauce.

The pudding must, of course, not come in contact with the bottom of the pot in boiling, or it will burn. Place a wire tile, or a perforated cake plate in bottom of the pot.

CHEAP FRUIT PUDDING.

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| 4 tablespoons butter. | ½ teaspoon Bee Brand |
| ⅔ cup of molasses. | Powdered Nutmeg. |
| 1 tablespoon brown sugar. | ½ teaspoon Bee Brand |
| ½ tablespoon milk. | Powdered Cinnamon. |
| 2 scant cups flour. | ½ lb. dates. |
| ½ teaspoon soda. | ½ cup washed and dried
currants. |
| ¼ teaspoon salt. | 1 egg. |

Beat egg without separating, add molasses, sugar, (free from lumps) and milk; then all dry ingredients sifted together, and beat thoroughly. Last of all add the fruit, beat again, and turn into a well greased mold, filling mold not over two-thirds full, to give room for pudding to swell. Adjust cover and cook

Little minds are tamed and subdued by misfortune, but great minds rise above it.—Irving.

by placing in a steamer, or set on rack in hot water. Cook for three hours after boiling starts, and keep water in boiler so it will come up well on the mold, but will not get inside. Serve with a hard sauce, or any sauce preferred.

PRUNE PUDDING WITH GELATINE.

$\frac{1}{2}$ lb. prunes.	1 tablespoon Bee Brand
1 cup sugar.	Gelatine.
$\frac{1}{2}$ teaspoon Bee Brand	1 cup heavy cream.
Cinnamon.	

Wash prunes in several waters, and soak over night in water to barely cover. Cook until soft in same water. Cool, remove stones and cut prunes in small pieces. Add sugar and spice, and enough of the liquid in which they were cooked to make one pint. Soak gelatine in one-fourth cup cold water. Bring fruit mixture to boiling point. Add softened gelatine and remove from fire. Turn into a wet mold, and set in a cool place to harden. When ready to serve, unmold and serve with the cream whipped and slightly sweetened.

CHRISTMAS JELLY.

1 box of Bee Brand	1 quart of boiling water.
Gelatine.	1 pint of good sherry.
1 pound of sugar.	Juice of two lemons.
1 pint of cold water.	Juice of one orange.

Pour the cold water over the gelatine. Let stand about ten minutes, then add the boiling water, sugar and fruit juices. When barely lukewarm, add wine. Strain through a flannel jelly bag, and put in a cool place. One half of this recipe makes enough for five people.

WINE JELLY.

1 box Bee Brand Gelatine.	1 pint wine.
$1\frac{1}{8}$ pounds of sugar.	2 Lemons—juice.
1 pint of cold water.	1 Orange—juice.
1 quart boiling water.	

Pour the cold water over the gelatine. Let it stand a few minutes, then add boiling water, sugar, lemon and orange juice. When cool add the wine. Strain the mixture and put on ice.

Half this recipe makes enough for four people.

Never buy what you do not want because it is cheap; It will be dear in the end.

RASPBERRY CHARLOTTE RUSSE.

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| 1 cup milk. | 2 tablespoons Bee Brand |
| 2 egg whites. | Gelatine. |
| $\frac{2}{3}$ cup sugar. | $\frac{1}{4}$ cup cold water. |
| 1 cup heavy cream. | $\frac{1}{4}$ teaspoon salt. |
| 1 cup raspberry juice
and pulp. | |

Scald milk, add the sugar and stir until dissolved. Soften gelatine in cold water, and stir into hot milk. Remove from the fire, and add salt. Strain into a bowl and add fruit. Set bowl in a pan of ice water, and stir constantly until mixture begins to stiffen. Then fold in the cream beaten stiff, and the egg whites, beaten stiff and dry. Turn into one large, or eight small molds. Serve with plain cream.

COCOA PUDDING.

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| 1 pint rich milk. | 3 tablespoons corn starch. |
| 4 teaspoons cocoa. | $\frac{1}{4}$ teaspoon salt. |
| $\frac{1}{2}$ cup sugar. | 1 cup heavy cream. |

Reserve one-half cup of the milk, and rub corn starch smooth in this. Then mix sugar and cocoa. Heat rest of the milk to scalding point, and add sugar and cocoa mixture, and then the corn starch mixture. Stir over hot water until smooth. Add salt and pour at once into mold. Serve with the heavy cream whipped, or with plain cream.

BLACKBERRY FLUMMERY.

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| 1 quart stewed blackberries. | 3 tablespoons corn starch. |
| 1 cup sugar (more if
berries are acid). | $\frac{1}{2}$ teaspoon Bee Brand
Powdered Nutmeg. |
| $\frac{1}{2}$ cup cold water. | |

Have berries scalding hot, and run through a sieve. Add sugar and corn starch smoothed in the cold water. Add spice and cook over hot water, stirring constantly until thickened. Serve with plain cream or custard. It is better when eaten cold.

CANNED PEACH PUDDING.

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| 1 quart canned peaches.
and juice. | 1 teaspoon Peach Flavor-
ing (Bee Brand). |
| 1 cup sugar. | 1 cup heavy cream. |
| 4 tablespoons gelatine
(Bee Brand). | $\frac{1}{2}$ cup cold water. |

Be firm; One constant element in luck, is genuine, solid old time pluck.

Cook the canned peaches until quite soft; rub through a colander; soften gelatine in cold water, add to hot marmalade; add sugar when somewhat cold, and flavoring. Set in a pan of ice water, and stir until mixture begins to stiffen, then fold in the cream beaten very stiff. Turn into a wet mold, and leave to get firm.

APPLE SOUFFLE.

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| 1½ lbs. slightly acid apples,
pared and quartered. | 1½ cups water.
2 inches Bee Brand Stick
Cinnamon. |
| 3 tablespoons Bee Brand
Gelatine. | 3 Bee Brand Whole Cloves. |
| 1½ cups sugar. | 2 lemons. |

Put water on fire and add sugar gradually, until it is all melted, and syrup looks clear. Add spice, and carefully put in apples, and let these simmer slowly until perfectly tender and transparent. With a spoon turn the syrup over them from time to time so all will be covered with the syrup. Soften gelatine in one-fourth cup cold water. When apples are done, lift with perforated skimmer from the hot syrup. Remove spice, add to syrup the lemons sliced rather thin, and seeds removed. Let cook until slices of lemon seem soft, add gelatine and stir. Place sliced lemon over and around apples and strain hot syrup over all. Chill and serve with cream.

FRUIT SOUFFLE.

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| 1 cup boiling water. | 2 egg whites. |
| 2 tablespoons butter. | 1 cup finely chopped pear
preserves. |
| ½ cup flour. | ¼ cup Sultana raisins. |
| ½ cup milk. | 1 doz. strips candied
orange peel. |
| 2 tablespoons sugar. | |
| 2 egg yolks. | |

Put butter in the water in a saucepan over the stove, mix flour and sugar thoroughly, and add to the liquid, stirring constantly. Let cook to a thick, smooth paste, add milk gradually and continue cooking a few minutes. Remove from fire. When cool add beaten egg yolks. Beat all together, then fold in stiffly beaten whites of the eggs. Spread the preserves in a layer in the bottom of an earthen or graniteware dish; sprinkle the raisins above (they may be omitted) and pour the mixture over. Set dish in a pan of hot water, and bake for about forty-five minutes in a moderate oven. The water will not boil in the pan if the stove is the right temperature.

A whitewashed reputation does not endure any longer than a whitewashed fence.

APRICOT SPONGE.

1 pint apricot pulp.	3 tablespoons of Gelatine
$\frac{1}{2}$ cup cold water.	(Bee Brand).
$1\frac{1}{2}$ cups boiling water.	2 egg whites.
$\frac{3}{4}$ cup of sugar.	4 egg yolks.
3 tablespoons sugar.	Juice of 1 lemon.
$\frac{1}{2}$ teaspoon Bee Brand	1 pint milk.
Bitter Almond Extract.	

Soften gelatine in the cold water. Add to the boiling water, and when perfectly dissolved, strain into the apricot pulp. Add the three-fourths cup of sugar, more if necessary. Add lemon juice, and stir. Place in a bowl of cold water, or set in a cool place until mixture begins to stiffen slightly.

Fold in the stiffly beaten egg whites, turn into a mold wet with cold water, and set in a cold place until ready to serve.

Make a custard of the egg yolks, the pint of milk, and the three tablespoons of sugar. Serve this as a sauce with the sponge.

Either canned or evaporated apricots, stewed and run through a colander can be used.

STRAWBERRY, RASPBERRY, APPLE OR BANANA SPONGE.

Follow recipe given above, substituting either of the fruits mentioned or apricots. With the apples or bananas, use three-fourths pint of fruit, and add water to complete measures.

PINEAPPLE BAVARIAN CREAM.

2 tablespoons Bee Brand	Juice of 1 lemon.
Gelatine.	$\frac{3}{4}$ cup of sugar.
$\frac{1}{2}$ cup cold water.	1 pint heavy cream.
1 can sliced pineapple.	1 cup milk.
1 egg.	

Soften gelatine in cold water. Make a custard of the egg sugar and milk. When mixture coats the spoon add a speck of salt, the softened gelatine, stir well, and pour at once through a strainer.

Decorate a smooth surface mold with circles or half circles of the sliced pineapple, cutting each slice to half its thickness.

He who sows courtesy, reaps friendship.
The way to bliss lies not on beds of down.

The rest of the pineapple can be run through a meat grinder (do not use the syrup in the can). Add pineapple to gelatine mixture and stir until it begins to stiffen. Then fold in stiffly beaten cream, and put in the mold.

Do not try to make this with fresh pineapples as there is a chemical principle in the raw fruit which digests the gelatine. The pineapple must be cooked to avoid this action.

BOILED CUSTARD.

1 qt. whole, fresh milk.	1 teaspoon Bee Brand
4 eggs.	Vanilla.
6 level tablespoons sugar.	

Let milk come to boiling point, this can be determined by wrinkled appearance of surface or a rim of bubbles around the edge of the saucepan. While milk is heating over slow fire, beat eggs with sugar in a bowl. Pour scalding milk over this mixture, and stir thoroughly, return at once to cooking vessel and cook over hot water until slightly thickened. Should the custard curdle, remove at once from the fire, beat steadily with a Dover Beater, and strain through a sieve. Cool by placing in a pan of cold water, changing water several times, add flavoring when cold.

We find in life just what we put in it.
He who hesitates is lost.

PASTRIES AND PIES

*"Where girls are wooed for the tarts they make,
Where women are loved for the pies they bake,
And the husbandman prays when he comes to die,
He will go to a heaven where all is pie."*

Pies are one of the few specially national American dishes.

PASTRY.

Many authorities on food questions consider pastry unhealthful, giving as a reason that the starch is enclosed or surrounded by fat, and as the digestion of starch begins in the mouth, and the fat is not digested until it reaches the small intestine, the combination cannot be healthful.

It is certainly true that if we eat pastry at all, we want it as nearly perfect as possible. The essentials for good pastry are Lightness, Flakiness and Tenderness. The first depends on the amount of air enclosed in the material, and the other two on the kind of shortening used, and the way in which it is combined with the starch material, and also on the manner of cooking.

Lard makes a particularly tender crust, while butter gives a better flavor. Cottolene and many of the vegetable oils make good pastry, but are apt to be darker in color than when lard is used.

To be a successful pastry maker, it is necessary to master certain details. Select a cool day, when the air is comparatively free from moisture. Have all materials as cold as possible.

Learn to move quickly. Handle your rolling pin skillfully. Roll always away from you. Keep yourself cool, as well as your materials.

Life is not so short but that there
is always time for courtesy—Emerson.

The process of rolling and folding is a device for catching more air in the dough. The colder the air, the greater will be its expansion in the hot oven, consequently the lighter will be the pastry.

PLAIN PASTRY FOR ONE PIE.

1 cup pastry flour.

$\frac{1}{2}$ teaspoon salt.

$\frac{1}{4}$ cup pure lard,

Small amount of ice
water.

Sift together flour and salt. Cut in shortening with two knives until the material looks like meal, add ice water, a few drops at a time, and mix with a knife to a stiff paste. Toss on lightly floured board, and roll thin. This amount will make a top and bottom crust for one pie of ordinary size.

FLAKY PASTRY.

$2\frac{1}{2}$ cups sifted flour.

1 teaspoon salt.

$\frac{1}{2}$ cup lard.

$\frac{1}{2}$ cup butter.

$\frac{1}{2}$ to $\frac{3}{4}$ cup ice water.

Chop lard into two cups of the flour, and reserve the half cup to use in rolling. Scald a bowl, then cool and dry. Put butter in this and wash in cold water to remove all the curd. Wash and work with a wooden spoon, changing the water until it looks clear. Lay on cheese cloth and pat until thin. Wrap in a piece of cheese cloth and put between two pans of ice, not letting the ice touch the butter. Let stay on ice until stiffened (about fifteen minutes). Spread the prepared paste with one-half of the butter, and fold paste to make three layers. Pat gently with rolling pin, then roll in a sheet, and spread with rest of butter. Fold again to make three layers and again pat lightly with rolling pin and roll out. Keep sheet in a perfect rectangle helping to shape up sides by means of a case knife. Now roll as for a jelly roll, and place in cold, dry place for an hour or two, or over night, keeping well covered to avoid drying outside. It is possible to use the paste at once, but it is improved by standing. Cut off a piece about two inches thick, and roll in circular shape on a slightly floured board. By this means it is easy to fit over pie plate. When putting the paste in the plate, do not stretch, but rather hold it full, so it will not shrink from the pan.

The successful man doesn't meet circumstances,—
he makes them.

Prick surface all over with a fork, and bake for pastry shells, or put in fruit or desired filling and cover. Always make slits in the piece of pastry used as a cover before putting it over the pies. Hold it rather full. Press well around the edges using the fingers or the tines of a fork. Moisten the under crust slightly with cold water around the edges before placing the top crust.

BLUEBERRY PIE, WITH THICK MERINGUE.

Line a graniteware pie plate with pastry. Put in a bowl a pint of fresh blueberries (washed and drained), two tablespoonfuls of flour, fourth teaspoon of salt, three-fourths cup of sugar. Mix all together, and turn into the prepared plate. Take a tablespoonful of butter and cut in bits, and dot on top of berries. Bake about twenty minutes, or until berries are done.

Make a meringue of two egg whites beaten dry, and beat into them four tablespoonfuls of sugar. Spread over the pie after berries are done, and return to oven to delicately brown the meringue. Moderate the heat for this part of the work, as the egg should not brown for seven or eight minutes.

NEW ENGLAND APPLE PIE.

Line a deep pie plate with pastry. Slice tart, juicy apples to completely fill pie plate. Sprinkle lightly with salt (half teaspoon) and one-fourth teaspoon Bee Brand powdered nutmegs. Sprinkle on the whole a cup of sugar, and cut into bits a tablespoon of butter, and dot the surface with them. Add a tablespoon of cold water, more if apples are not juicy—cover with pastry. Slit in a pattern across top to let out steam. Let pastry lie loose over top, but press down well at edge. Bake about thirty-five minutes. Serve hot or cold.

OLD FASHIONED APPLE PIE.

Fill baked pastry shells with stewed and strained apples, sweetened and seasoned with nutmeg or fresh lemon. Beat in one well beaten egg-white for each pie, using three-fourths pint of the prepared apples. Fill crusts just before serving, and serve with rich cream.

RHUBARB PIE.

Line a plate with pastry, fill with stewed and sweetened rhubarb. Put on top crust and bake.

To-day is your day and mine;
the only day we have.

MINCE PIE.

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|-------------------------------------|-----------------------------------|
| 1 cup cooked and chopped lean beef. | 1 teaspoon nutmeg. |
| 1 1/2 cups chopped apple. | 1 cup brown sugar. |
| 1 teaspoon salt. | 1/2 cup raisins. |
| 1 teaspoon cinnamon. | 1/2 cup currants. |
| 1 teaspoon cloves. | 1/2 cup citron. |
| 1 teaspoon allspice. | Moisten with one cup sweet cider. |

Bake in two crusts. Just before serving, pour through the slits in the crust, one tablespoon of fine brandy. Serve mince pie warm.

This is particularly good served with plain vanilla ice cream.

PUMPKIN PIE.

Select a fine grain pumpkin. Cut up and stew with almost no water. Run through a colander, and for each pie use:

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| 1 cup pumpkin. | 1/2 teaspoon Bee Brand |
| 2 cups rich milk. | Powdered Ginger. |
| 1 egg. | 1/4 teaspoon Bee Brand |
| 3/4 cup of sugar. | Powdered Nutmeg. |
| 1/4 teaspoon salt. | 1/8 teaspoon Bee Brand |
| 1/4 cup melted butter. | Powdered Cloves. |
| 1/2 teaspoon Bee Brand | |
| Powdered Cinnamon. | |

A tablespoon or more of brandy may be added if desired. Bake in a deep graniteware plate. Use bottom crust only, and bake until the pie puffs in centre, and turns slightly brown.

CHESS PIE (Two Pies).

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| 5 egg yolks. | 1 teaspoon Bee Brand |
| 5 egg whites. | Extract Vanilla. |
| 1 cup sugar. | 1/2 cup sugar. |
| 3/4 cup butter. | |

Beat yolks light, beating in the cup of sugar gradually. Cream the butter and combine the two mixtures, add vanilla. Bake with one crust, and when filling seems firm when shaken slightly, cover with meringue made of egg whites and half cup sugar, and return to oven to brown.

LEMON MERINGUE PIE (Two Pies).

2 lemons (if small use 3).	Yolks of two eggs.
1 $\frac{1}{4}$ cups sugar.	4 tablespoons corn starch
1 $\frac{1}{3}$ cups hot water.	(level).
4 tablespoons sugar.	$\frac{1}{2}$ tablespoon butter.
Whites of 2 eggs.	$\frac{1}{4}$ teaspoon salt.

Mix thoroughly sugar and cornstarch. Add gradually, while stirring constantly, the boiling water. Cook over hot water in a double boiler until thickened somewhat, add butter, egg yolks slightly beaten, and juice of lemon with grated rind of one and the salt. Let cook until thick enough to drop from the spoon in a rather runny fashion (as it stiffens on cooling). Cool until lukewarm. Line two pie plates with pastry and turn in the mixture. Bake until pastry is done. Cover with a meringue made with the whites of the eggs, beaten up with the four tablespoons of sugar. Return to a moderate oven to delicately brown the meringue. Egg whites must be beaten very stiff for meringues.

JELLY FILLING FOR PIES.

(Two Pies).

4 eggs.	1 cup jelly (grape is
2 cups sugar.	particularly good).
1 cup butter.	2 teaspoons Bee Brand
1 cup cream.	Extract Vanilla.

Beat yolks with one cup sugar, cream, butter and gradually add other cup of sugar. Combine the two mixtures, add cream and well-beaten whites, then vanilla. Bake with one crust, and use deep pie plates.

SWEET POTATO PIE.

2 cups potatoes (boiled	1 cup sugar.
and mashed).	1 teaspoon Bee Brand
2 cups milk.	Lemon Extract.
3 eggs.	

Mix all together carefully. Let the pie crust slightly brown before putting in the filling. Bake in a moderate oven.

Life is a journey, or else
it is only aimless drifting.

BANBURY TARTS.

To recipe for Lemon Meringue Pie Filling add one cup of raisins, currants, citron and nuts mixed. Wash currants and cut up fruit and nuts. Roll out small squares of pastry, dampen the edges, put teaspoon of the mixture on one half the square, and fold other half over in tri-angular shape. Press edges well together with a fork, prick surface and bake. This filling may be made and kept on hand if put in small sterilized jars and kept in a cool place.

CHARING CROSS PIE.

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|--------------------------|--------------------------------------|
| 1 cup warm apple sauce. | 4 tablespoons sugar. |
| 1 tablespoon butter. | $\frac{1}{2}$ cup chopped nuts. |
| 1 cup sugar. | $\frac{1}{2}$ cup seeded and chopped |
| Grated rind and juice of | raisins. |
| $\frac{1}{2}$ lemon. | 2 tablespoons of rich |
| 2 egg yolks. | cream. |
| 2 egg whites. | |

Add butter to warm apple sauce, beat in the cup of sugar and the cream, then add the well beaten egg yolks and the lemon juice. Use a pastry shell already baked, and spread on the bottom of this shell the nuts and raisins mixed together, above that put the apple mixture after it is cold, and over this a meringue made of the egg whites and four table-
spoons sugar. Brown delicately in moderate oven.

DAMSON PRESERVE PIE (Richmond, Va.)

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|------------------------------------|----------------------|
| $\frac{1}{2}$ cup Damson Preserves | 2 eggs. |
| (without seeds). | 1 teaspoon Bee Brand |
| $\frac{1}{2}$ cup sugar. | Vanilla. |
| $\frac{1}{2}$ cup melted butter. | |

Beat eggs without separating, add sugar gradually, then butter and preserves. Bake in pastry.

JELLIES, PRESERVES, CANNED FRUITS AND VEGETABLES

"Let the ticking clock guide the boiling crock."

Jelly making is one of the most uncertain of the cooking processes of the average housekeeper. We hear so often that one has "luck" with her jelly, or some one else has "bad luck" with her jelly this year, etc.

As a matter of fact, there is no "luck" about it. If the subject is understood and conditions properly regarded, every housekeeper who will take the pains to follow certain general rules can have clear, firm jelly on her pantry shelves.

The jelly-making principal in fruits is "Pectin," and this substance is at its best just before the fruit is perfectly ripe, and while it is quite fresh.

It is also changed in character by cooking very long with the sugar, and ropy jelly is the result. Most of the cooking should be done before the sugar is added to the juice, and the sugar should be hot when added, so as not to stop the boiling.

A damp day is not a good time to select for jelly-making as the sugar is affected by the dampness. The same holds true in candy-making.

The proportion of sugar to be used, varies slightly according to the kind of fruit, but the general rule is a pint of sugar to a pint of juice for acid fruits, currants, gooseberries, green grapes, etc., and only about three-fourths of a pint for sweet fruits, apples, quinces, etc.

The quantity of sugar for preserves is from one-half to three-quarters of a pound of sugar to each pound of fruit, according to the fruit used, and also according to whether it is to be put in sealed, sterilized jars, or tied up in earthen pots as our grand-mothers used to do.

I pray thou wilt look on all I love, tenderly, today.

—Jas. Whitcomb Riley.

For canned fruits we can use either no sugar, or we can use from one-fourth to half a pound to each pound of fruit. In the latter case it is the same thing as not very sweet preserves, and is particularly good for desserts served with unsweetened cream.

APPLE AND MINT JELLY.

$\frac{1}{2}$ peck of apples (acid
fruit is best).

2 bunches garden mint.

Juice of 2 lemons.

Green color (Bee Brand).

$\frac{3}{4}$ pint sugar to each
pint of juice.

Wash apples, remove imperfections and cut in eights. Pour on water until it can be seen well through the fruit, but does not come quite to the surface. Cover, and let cook until fruit is quite soft. Turn into a bag made of thin muslin, and triangular in shape, and allow to drain over night. Measure the drained juice and measure your sugar, as given in recipe. Put juice on fire and drop in the sprigs of washed mint. Let juice boil eighteen minutes after boiling starts. Meantime heat sugar in oven in a shallow pan, stirring constantly to keep from sticking to the pan. Add gradually to syrup and let boil only a minute or two after sugar is added. Try a few drops in a cold saucer, and as soon as it jellies it should be taken from the fire. Add lemon juice, and enough color to tint a very delicate green. Pour at once into hot jelly glasses, and when cold cover with cheese cloth, and as soon as possible paste over with thick white paper, using prepared paste or white of egg. Cut the paper in circles about an inch larger in diameter than the top of the jelly glass, press down carefully against the sides of the glass.

CURRANT JELLY.

Currants should not be picked for jelly soon after a rain, as the extra amount of water will cause trouble in making the jelly firm. Pick over currants but do not stem them. With a wooden spoon mash a few in the bottom of a preserving kettle, then a few more, etc., until all are in the kettle, and cook slowly until thoroughly hot throughout. Strain first through a coarse sieve, and then allow juice to drip through a jelly bag. For a second grade jelly, the bag may be squeezed. Measure, bring to boiling point, and boil five minutes. Add an equal measure of heated sugar, and proceed as in recipe for apple and mint jelly.

In the long run there is no way to get more
by giving less.

GREEN GRAPE JELLY.

This makes a clear, green jelly, and is particularly good with meats. The grapes should be fully grown, but not turned in color.

Pick over, wash and remove stems, then proceed as in currant jelly recipe. The grapes having tougher skins, will take longer to cook than currants, but must be cooked until tender.

CURRENT AND RASPBERRY JELLY.

Equal parts of currants and raspberries. Proceed as in Currant Jelly.

ORANGE MARMALADE.

1 orange.
1 lemon.

1 grape fruit.

Wash fruit first. Cut each fruit in quarters, discard seeds, and slice through pulp as thin as possible. Use a very sharp knife and a small board. Weigh the prepared fruit, and to each pound add three pints of cold water. Set aside in an earthen vessel for twenty-four hours. Put in preserving kettle and boil gently until rind is quite tender. Put back in the earthen vessel and leave until next day. Measure the material, and to each pint add one pint of sugar. Let cook until it thickens slightly when tried on a cold dish. The mixture thickens further on cooling, so care must be taken not to over cook. Long cooking also darkens it in color. Stir from time to time when cooking, but not continuously. Use the full quantity of water designated.

This may be varied by using all oranges, all lemons, or more of one of the other according to taste, but follow same general directions in any case.

GREEN TOMATO PRESERVES.

6 lbs. green pear tomatoes.
6 lbs. granulated sugar.
6 lemons.

1 cup water.
 $\frac{3}{4}$ lb. sliced green root
ginger.

"There's a bird on the dollar, but that's no reason why you should let it fly."

Slice lemons very thin. Place in kettle with water, adding sugar gradually until all is melted over a slow fire. Put in ginger, then tomatoes, and keep heat low in order to preserve the shape of the tomatoes. Simmer until fruit is transparent. Lift out with perforated spoon; place in jars; move syrup to hotter place; add lemons sliced and cook until syrup thickens, then pour over tomatoes and fasten on covers.

SUNSHINE STRAWBERRIES—(Ella Mifflin).

To have these preserves perfect, they must be made in small quantities.

2 boxes of fine straw-
berries.

2 lbs. cut loaf sugar.
1 cup water.

Put water in kettle on slow fire, add sugar, a few pieces at a time, until all is dissolved. Drop in the berries, which have been washed by dipping one at a time in a bowl of water. Put in berries very carefully, and let simmer about ten minutes after boiling starts. Turn on flat dishes and place in a sunny window or in the hot sun, keeping panes of glass over the dishes or enamel pans. Stir gently twice a day, and keep in the sun three days, then store in glasses or pint jars without reheating, being careful to see that the jars are properly sterilized before putting in the fruit.

PEAR PRESERVES.

4 lbs. pears.
4 lbs. sugar.
2 lemons.

1 cup water.
 $\frac{1}{4}$ lb. sliced root ginger.

Dissolve sugar in water, adding it gradually lest it harden. When dissolved, put in pears which have been peeled and cut in quarters. Let simmer from two to three hours after cooking starts, and cook slowly all the time. When pears are tender throughout, lift from syrup with perforated spoon, and lay on platters to cool. Meanwhile slice lemons thin (discarding seeds) drop in syrup and cook until syrup is thick. Return pears to syrup to reheat; place in jars; cover with the syrup and seal. If the flavor of ginger is liked, a few pieces of green root ginger may be added to syrup when lemon is put in. Cut ginger in thin slices.

"Be strong; We are not here to play, to dream, to drift.
There's hard work to do and loads to lift."

CANNED TOMATOES.

Remove skin from small tomatoes which are ripe but not soft. Remove hard piece from stem end. Put whole in sterilized jars, packing in carefully all that the jar will take easily. Fill jar with ordinary stewed tomatoes and shake down to fill all spaces. Put covers on loosely and set on a rack in a dishpan of hot water. Let water boil around jars for about half an hour. Fill jars to overflowing with more stewed tomatoes, adjust rubbers, and screw down tops. Let cool out of a draught, and store in a dry, cool place.

CANNED PEACHES OR PEARS.

Peel fruit and cut in halves or quarters, if large pears are used. Pack in sterilized jars. For each quart jar, allow two cups of sugar and one cup water and make a syrup of the sugar and water. Skim carefully, and fill jars of fruit to overflowing, dropping three peach kernels in each jar before adding syrup. Adjust rubbers and covers loosely, and let cook fifteen minutes by standing on a rack or wire stand in a vessel of hot water. The water must come three-fourths way up the jar, and the time of cooking is counted from time boiling begins.

In canned pears a little stick spice is thought to take from the rather insipid taste—a few bits of root ginger or stick cinnamon or two cloves dropped in each jar, before adjusting tops. Fill to overflowing with extra hot syrup or boiling water and tighten covers.

CANNED CORN.

6 pints fresh young corn,	1 pint water.
cut from the cob	1 cup sugar.
and measured.	1 cup salt.

Put all in a preserving kettle, and cook until corn is tender and cooked throughout. Fill sterilized jars to overflowing. Seal and store. Tighten covers again after jars are cold. Use only tested cans.

BRANDIED CHERRIES.

To prepare delicious cherries, select large wax cherries, free from any defect. Wash and pack in glass jars with an equal weight of granulated sugar, putting alternate layers of fruit and

God not only loves a cheerful giver,
but a cheerful doer as well.

sugar. Fill jars with good brandy. Screw tight, and set in a dark, dry closet, for at least three months before using. Use with plain ice cream, or as a garnish for puddings.

CONSERVED ORANGE OR GRAPE FRUIT PEEL.

Wash orange peel and cut in narrow strips with scissors; cover well with water and let stand over night. Drain from liquid, cover generously with cold water, put on stove and let simmer twenty minutes after cooking starts. Drain, cover again with cold water, and let simmer twenty minutes. Do this three times in all. Then drain fruit, measure it. Take an equal amount of sugar and make a syrup using just enough water to melt the sugar. Drop the fruit in the syrup and allow it to simmer until transparent. Drain, cool and roll in granulated sugar, and store in air-tight jars. Serve alone, or use as a garnish.

CANDIED CRANBERRIES.

1½ cups berries.

2½ cups water.

2 cups sugar.

Cut three tiny slits in each berry (use only large perfect cranberries). Make a syrup of the sugar and water, allow this to cool, then add berries and bring **slowly** to the boiling point. As soon as mixture boils remove from the fire and let stand over night. The next day drain syrup from berries and boil syrup until it is reduced to half its volume. Put berries into this, heat slowly to boiling point, and boil **gently** three or four minutes after boiling starts. Let mixture get cold, boil again for five minutes. The next day drain off the syrup, and spread fruit on a lightly buttered plate or a waxed paper until surface dries. The berries should candy separately and can be used as a sweet meat or as a garnish to puddings, whipped cream, etc. They are also good in Tutti Frutti Ice Cream. Use one-half cup of the chopped berries to a quart of cream.

OLD DOMINION BRANDY PEACHES.

10 lbs. White Heath
peaches.

2 pints water.

Whole Cloves (Bee Brand).

7 lbs. sugar.

Blade Mace (Bee Brand).

1 quart best whiskey.

1 egg white

"To err is Human; to forgive Divine."
Wisdom has no bargain days.

Make a syrup of the sugar and water, allowing sugar to melt in the water while stirring constantly over slow fire. When melted, add one egg white slightly beaten, and stir into liquid as it boils. The refuse of the sugar will cling to the egg, and this can be skimmed off, leaving syrup clear.

Carefully peel the peaches, using only perfect ones, and stick two cloves in each peach. Drop the prepared peaches in the hot syrup, only one layer deep, filling bottom of kettle, and let simmer until tender enough for a straw to penetrate to the stone. Remove with perforated skimmer to flat dish, and let cool. Put in more peaches and continue until all are cooked. Then let syrup boil until fairly thick. Remove from fire and pour in a pitcher to cool. Divide the peaches among eight glass jars (quart size) properly washed and sterilized. Into each jar drop one blade of mace. When the syrup has cooled until lukewarm, add the whiskey, stir to mix thoroughly, and pour over peaches in jars; adjust rubbers and covers, and keep in cool, dark, dry place. They are at their best when about six months old.

PICKLES, RELISHES, ETC.

"The wealth of summer's mellow prime
To cheer the dearth of winter's rime."

Pickles are like all other preserves; the best materials alone should be used, the fruits and vegetables chosen should be sound, ripe, but not over ripe, and freshly gathered on a dry, and, if possible, warm day. They should never be put into vessels of brass copper, or tin, as the action of the acid on such metals often results in poisoning the pickles. Porcelain or graniteware is the best to use. Vinegar that is used for pickling should be made from the best of cider or white wine, and should never be boiled more than five or six minutes, as boiling reduces its strength.

In putting pickles away use stone or glass jars. When the jar is nearly filled with the pickles, the vinegar should completely cover them, and if there is any appearance of not doing well, turn off the vinegar cover with fresh vinegar and spices. Alum in small quantities makes them firm and crisp. In using ground spices, tie them up in muslin bags. To green pickles put green grape vine leaves or green cabbage leaves between them when heating. Another way is to heat them in strong vinegar tea. Pickles should be kept closely covered, put into glass jars and tightly sealed. Turmeric is Indian saffron, and is much used as a coloring in pickles. A piece of horseradish put into a jar of pickles will keep the vinegar from losing its strength, and the pickles will keep sound much longer.

FLAVORING VINEGAR.

A very useful flavoring for most pickles may be made by boiling up together one gallon of good vinegar, about ten ounces of salt, three ounces of shallots, two ounces of bruised ginger, half an ounce of Bee Brand Whole Mace, one teaspoon of Bee Brand Ground Red Pepper, three quarters of an ounce of mustard seed, and one ounce of turmeric; let these simmer together after they boil up, for from fifteen to twenty minutes, and when

A constant fidelity in small things is a great and heroic virtue.

—S. Buonaventure.

cold put into a stone jar, into which you can throw as they ripen any vegetables that are available, such as broken up cauliflower, string beans, tiny cucumbers, onions, radishes, etc., using perfectly fresh vegetables, carefully wiped free from grit, or dirt, being very particular to keep the jar closely covered all the time, recovering it tightly each time you add anything to it. This pickle, which will be in condition in eight or nine months, makes a very nice household piccalilli, with the least amount of trouble.

As a matter of fact almost every housewife has her own views on the flavoring of pickle vinegar, but care must be taken to keep it delicate, or it will overpower the flavor of the vegetables.

YELLOW MUSTARD PICKLES.

2 quarts small cucumbers from brine.	1½ lbs. granulated sugar.
3 quarts cauliflower (cut in small chunks).	⅓ cup flour, sifted and measured.
2 quarts small onions.	½ lb. Bee Brand ground mustard.
4 large sweet green pep- pers.	1 oz. Bee Brand ground Turmeric.
1 gallon cider vinegar.	

Mix flour, mustard and turmeric into a smooth paste with a little of the vinegar. Add to rest of vinegar and sugar in a preserving kettle, stirring carefully to prevent burning. Add vegetables which have been scalded in hot salt water to cover (use half cup of salt). Let all come to a boil, then simmer for one hour. Stir constantly. This is ready for use in three weeks.

DOVER HOUSE WATERMELON RIND PICKLE.

10 lbs. melon rind.	1 oz. Bee Brand Root
5 lbs. sugar.	Ginger.
½ gallon cider vinegar.	Powdered Alum.
2 oz. Bee Brand Stick Cinnamon.	Salt.

Peel rind from melon and cut in small squares. Soak over night in slightly salt water to cover fruit. Measure water used and to each quart allow one-half teaspoon of powdered alum. In the morning drain off this water and wash in clean, cold water until there is no taste of alum or salt. Let soak in fresh water, if necessary, for an hour or two. Drain, put in a preserving kettle and add sugar, vinegar and spice, and simmer gently until tender and transparent.

Who then is free? The wise man who can govern himself.
—Horace.

DOVER HOUSE CHOW CHOW.

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| 2 large heads white cabbage. | ½ oz. whole allspice (Bee Brand). |
| 1 doz. green sweet peppers. | ½ oz. whole cloves (Bee Brand). |
| 1 doz. large white onions. | 1 oz. ground mustard (Bee Brand). |
| ¼ pk. green tomatoes. | 1 oz. turmeric powder (Bee Brand). |
| ¼ pk. tiny whole white onions. | 2½ lbs. brown sugar. |
| ½ lb. yellow mustard seed (Bee Brand). | 1 cup grated horse radish. |
| | 1 gal. pure cider vinegar. |

Take first four ingredients and chop fine after washing thoroughly. Mix and let simmer in enough water to cover, adding one-half tea cup of salt to mixture. Cook until material seems somewhat tender (about one-half an hour after simmering starts). Drain, then squeeze dry. Add spices, vinegar, sugar and tiny onions and let simmer for half an hour. Put in sterilized jars and seal in usual manner.

MELMORE PEAR OR PEACH SWEET PICKLE.

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| 10 lbs. fruit. | 1 oz. Bee Brand Stick Cinnamon. |
| 5 lbs. sugar. | 1 tablespoon Bee Brand Cloves. |
| 3 pints pure cider vinegar. | |

Select firm fruit—use cling stone peaches. Peel fruit and cut in halves or quarters, or leave whole, as desired. Melt sugar in the vinegar over slow fire. Add fruit and cook until perfectly tender, but not soft. Store in jars. Pour hot syrup over fruit and seal. Cook syrup until slightly thickened before pouring over fruit.

CUCUMBER CATSUP (Anne English).

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| 6 large, fully grown cucumbers. | 1 teaspoon white mustard seed (Bee Brand). |
| 2 large, white onions. | 1 teaspoon ground cayenne (Bee Brand). |
| ¼ cup salt. | Pure cider vinegar. |
| 4 tablespoons ground white pepper (Bee Brand). | |

Peel cucumbers and onions and chop fine. Place in a colander and sprinkle the salt throughout the mixture. Let drain one night. In the morning put in a bowl, add spices and mix well. Store in small glass jars. Fill jars with mixture and then cover with good cider vinegar. Close securely. This is ready to use in a week, and will keep for years.

CUCUMBER SWEET PICKLE—(Anne Bagby).

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| 2 dozen good size cucumbers (from brine). | 2 whole nutmegs (Bee Brand). |
| 3 oz. whole allspice (Bee Brand). | 1 oz. stick cinnamon (Bee Brand). |
| 2 oz. whole cloves (Bee Brand). | $\frac{1}{4}$ lb. ground mustard (Bee Brand). |
| 1 oz. blade mace (Bee Brand). | 2 lemons sliced thin. |
| 2 doz. tiny onions. | 1 cup white mustard seed (Bee Brand). |

One-half pound sugar for each pound of cucumbers and onions.

First weigh cucumbers and onion to get weight of sugar. Slice cucumbers in slices three-fourths of an inch thick. Place in kettle with the onions and weak vinegar or half vinegar and half water. Let come to a boil. Remove from fire and drain. Grate nutmegs and add with rest of the spices to the sugar, mix and put in the kettle in alternate layers with the vegetables. Pour on fresh vinegar until it shows through other material, but does not come to its level. Let cook on slow fire, and after boiling starts let cook about one hour and a half. Add lemons the last half hour. Stir carefully from time to time, so all will be equally cooked. Seal in jars. This is ready to use in two weeks, and will be found to be delicious.

DELAFLANE PEACH SAUCE. (An Accompaniment for Roasts.)

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| 1 peck cling-stone peaches. | 1 pint good vinegar. |
| 3 lbs. sugar. | Whole cloves (Bee Brand). |

Dip the peaches quickly in boiling water, and rub gently to remove fur. Put in a kettle with water enough to cover. Boil gently until a clean straw penetrates easily to the stone. Remove from water and drain on platter, stick one clove in each

peach. Pour out one pint of the water in which fruit was cooked, and reserve in case of need. To the rest add the vinegar and sugar. Let come to a boil, and allow to boil ten minutes after boiling starts. Put peaches in this liquid, and allow to get hot through. Lift into jars, and pour boiling liquid on, until jars overflow. Seal in usual manner with rubber bands, and metal tops, or all glass tops, which are preferable for anything containing vinegar.

CHILI SAUCE.

$\frac{1}{2}$ peck ripe tomatoes.	6 large white peppers.
$\frac{1}{2}$ pint ground horse radish.	2 large red peppers.
$\frac{1}{2}$ teacup salt.	2 oz. white mustard seed (Bee Brand).
1 teacup brown sugar.	2 oz. black mustard seed (Bee Brand).
1 quart good cider vinegar.	2 teaspoons celery seed (Bee Brand).
2 teaspoons ground mace (Bee Brand).	2 teaspoons ground cloves (Bee Brand).
2 teaspoons ground cinnamon (Bee Brand).	

Skin and cut tomatoes in quarters, let drain over night. In the morning, to tomato pulp add all other ingredients with the vinegar, and boil until thickened, stirring from time to time at first, and toward the last constantly to avoid burning. It will take three or four hours to cook unless a wide, flat vessel is used, which will greatly reduce the time.

INDIAN CHUTNEY.

2 lbs. sour apples.	1 oz. garlic.
$\frac{1}{2}$ lb. brown sugar.	$\frac{1}{2}$ oz. Bee Brand Ground Ginger.
$\frac{1}{4}$ lb. tomatoes.	$\frac{1}{2}$ teaspoon Bee Brand Ground Red Pepper.
2 ozs. shallots.	Juice 1 lemon.
$\frac{1}{2}$ oz. salt.	2 cups vinegar.
2 lbs. Sultana raisins.	
$\frac{1}{2}$ lb. onions.	

Peel and core the apples and chop them, put them into a preserving kettle, add the shallots, onions and tomatoes chopped, the strained lemon juice, salt, garlic cut into small pieces, ginger, red pepper, the raisins and vinegar. Boil slowly until they are quite tender, then rub them through a fine sieve, put into clean, dry bottles, and cork or tie down tightly.

Want of care does more damage
than want of knowledge.

BENGAL CHUTNEY (Old English Recipe).

4 lbs. gooseberries.	$\frac{1}{4}$ lb. garlic.
1 lb. brown sugar.	$\frac{1}{4}$ lb. Bee Brand Ground Ginger.
1 lb. seeded raisins.	1 oz. Bee Brand Ground Cayenne.
$\frac{1}{2}$ lb. Bee Brand White Mustard Seed.	1 tablespoon (scant) Bee Brand Curry Powder.
$\frac{1}{2}$ lb. salt.	
$\frac{1}{2}$ lb. onions.	

Boil fruit and mustard seed in vinegar until tender. Beat smooth with a wooden spoon. Add other ingredients (chopping onions and garlic fine). Cook slowly to a smooth thick sauce. Put in jars or bottles and seal. Sour pears, peeled and cut in small pieces, make a good substitute for the gooseberries. This is particularly good with meat.

SPECIAL TOMATO CATSUP.

3 quarts tomato pulp.	$1\frac{1}{2}$ tablespoons celery seed.
6 level tablespoons salt.	1 spoonful Bee Brand Cayenne Pepper (or as much as suits the taste).
3 tablespoons grated onion.	
4 tablespoons grated horse radish.	
3 tablespoons Bee Brand Mustard.	

Scald tomatoes until soft and then put into a colander, drain, and throw away the liquid. Then strain the tomatoes through a hair sieve.

Boil all the above ingredients for twenty minutes and then add one pint of good cider vinegar and boil ten minutes longer. When cold add another pint of vinegar and bottle for use.

TOMATO CATSUP—(Mrs. Hall).

2 pecks tomatoes.	1 oz. Bee Brand Cloves (whole).
1 qt. sharp vinegar.	1 tablespoon Bee Brand Celery Seed.
1 cup salt.	$\frac{1}{2}$ oz. Bee Brand Ground Cayenne Pepper.
$1\frac{1}{2}$ lbs. brown sugar.	4 ozs. Bee Brand Ground Mustard.
6 large white onions.	
1 doz. peach tree leaves.	
2 ozs. Bee Brand Whole Black Pepper.	
1 oz. Bee Brand Allspice (whole).	

He who cannot smile
ought not to keep a shop.

Wash and cut up tomatoes, removing hard cores, wash and slice onions. Put all materials in a porcelain-lined kettle, except mustard, sugar and vinegar. Let boil gently until onions are soft. Squeeze or mash through a wire sieve.

Mix mustard to a paste with a little of the vinegar, add rest of vinegar and sugar and pour into the strained material in the kettle. Let cook slowly until reduced to about one-half. The process may be hastened by cooking in two vessels.

GRAPE CATSUP.

5 lbs. grapes.	1 tablespoon Bee Brand
2 cups vinegar.	Ground Cinnamon.
2 lbs. brown sugar.	1 tablespoon Bee Brand
1 tablespoon Bee Brand	Ground Allspice.
Ground Cloves.	1 tablespoon Bee Brand
	Ground Black Pepper.

Put the grapes into an enamel saucepan with the vinegar; cook until they are well boiled, then strain; add the sugar and spice, simmer altogether for one hour. Bottle and seal.

TOMATO SWEET PICKLE.

1 peck green tomatoes cut in slices.	3 oz. Bee Brand Turmeric.
1 doz. large onions cut in slices.	2 oz. Bee Brand White Mustard Seed.
1 cup salt.	2 oz. Bee Brand Coriander Seed.
5½ lbs. sugar.	2 oz. Bee Brand Stick Cinnamon (broken in
Vinegar.	inch lengths).
3 oz. Bee Brand Celery Seed.	

Sprinkle the salt through the prepared onions and tomatoes and let stand over night. Put in preserving kettle with enough weak vinegar to barely cover (drain thoroughly from the brine first) and let simmer for one hour. Drain off liquid, add all the other ingredients, and over the whole pour enough fresh vinegar to almost cover. Let simmer gently until fruit is tender. Stir very carefully to preserve shape of slices. Store in sterilized jars. Good for use in two weeks, and keeps well.

CHAFING DISH COOKERY

"Oh, I am a festive chafing dish,
I foam and froth, and bubble,
I sing the song of meat and fish,
And save a deal of trouble."

The chafing dish which is now so popular is by no means a modern invention, as its history may be traced back two or more hundred years.

Some one has said "The Chafing Dish is a frying pan dressed up for the parlor."

It is of especial value to the woman who does her own work, or to use on the table on the maid's evening "off."

The most desirable implements of this kind have the lamp with the screw adjustment, by means of which the flame can be regulated.

A very satisfactory one may be bought for about five dollars. To purchase one at a smaller price is questionable economy.

Chafing dish cookery is restricted to certain dishes, and cannot be adapted to all cooking processes, but so long as those dishes are practical one could not wish for a more convenient cooking apparatus. You may broil, stew, boil, and fry on a chafing dish, provided the right kind of materials are used, but it is practically impossible to perform the other cooking processes in a satisfactory manner on a chafing dish.

It is best to place the chafing dish on a tray to prevent any danger of a flaring flame igniting an unprotected table cloth.

The tray, flagon, hot plates, fork and spoon should be put on the side of the tray.

It is he who is wrong that first gets angry.
—Penn.

The hot-water pan must be always used where slow cooking is required for creams, sauces, and rarebits.

For frying or broiling, remove the hot-water pan and place the pan near to the flame, which is done by raising the lamp on a standard supplied for this purpose. Have the lamp filled with good alcohol and closely covered until ready to light. Fill the pan quarter full of hot water.

In preparing foods, let them be served from the chafing dish on to hot plates, never attempt anything in the line of elaborate garnishing. Neither should an elaborate meal be attempted, especially if only one chafing dish is used. It requires at least two chafing dishes, and sometimes three, to carry out a whole meal successfully.

Near at hand should be a small table containing the materials for preparing the meal.

SCRAMBLED EGGS WITH OYSTERS.

1 teaspoon anchovy paste.	1 heaping tablespoon
Few Grains Bee Brand	butter.
Paprika.	5 eggs.
Seasonings of salt and Bee	15 oysters cut in dice.
Brand Black Pepper.	Fingers of toasted bread.

Mix the butter with anchovy paste. Beat up the eggs, then add seasonings.

Melt the anchovy butter in the chafing dish, when hot pour in the eggs, stir slightly until the mixture begins to thicken, then add oysters.

Serve from the chafing dish, with fingers of toasted bread, buttered and spread with anchovy paste. Crackers may replace the toast.

GROUND MEAT CAKES.

½ lb. ground steak.	4 tablespoons gravy.
Salt and Bee Brand Black	1 beaten egg.
Pepper to taste.	½ teaspoon Bee Brand
2 tablespoons breadcrumbs.	Onion Salt.
	1 tablespoon butter.

Mix the ground steak with the breadcrumbs, salt, pepper, onion salt and beaten eggs. Shape into small flat rounds.

Melt the butter in the blazer of the chafing dish, then fry the rounds on both sides till tender. Then add four tablespoons of gravy, cover the dish and re-heat for five minutes; then serve hot.

CHICKEN OMELET.

1 cup cold boiled or roast chicken.	6 eggs.
Salt and Bee Brand Black Pepper.	3 tablespoons white sauce.
Few grains Bee Brand Paprika.	1 tablespoon milk.
	2 tablespoons butter.
	1 tablespoon chopped parsley.

Free the chicken from bone, skin and gristle, then cut into small dice, season to taste and heat up in the white sauce.

Beat up the eggs with the milk and add a little seasoning. Melt the butter in the chafing dish, pour in the egg mixture and stir till the eggs begin to set, then put the chicken mixture in the center.

Fold in the sides and shape neatly (oval cushion shape), allow the omelet to take color in the oven, and serve hot.

WELSH RAREBIT.

1 tablespoon butter.	$\frac{1}{8}$ teaspoon Cayenne Bee Brand.
2 teaspoons flour.	
$\frac{1}{2}$ cup milk.	$\frac{1}{8}$ minced onion.
$\frac{1}{2}$ lb. cheese, cut very fine.	Ale or beer if desired.
$\frac{1}{2}$ teaspoon salt.	

Melt butter, add flour and stir until mixed, but not browned, then add milk gradually as in making any cream sauce. Add cheese and stir until cheese is melted, and all is thickened to a custard. Add seasonings and serve on Saltines. Ale or beer may replace the milk if desired. In this case, add cheese to melted butter, stir until smooth, adding ale gradually, then the seasonings.

Your successful men and women
are never chronic grumblers.

TOMATO RAREBIT—(Miss Farmer).

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| 2 tablespoons butter. | $\frac{3}{4}$ cup thin cream. |
| $\frac{3}{4}$ cup strained and stewed
tomatoes. | 2 cups mild cheese,
grated and measured. |
| Seasonings of salt, Bee
Brand Mustard, Bee
Brand Paprika and
Onion Salt. | 2 eggs, slightly beaten. |

Melt butter in chafing dish, add flour, then add cream gradually, and when mixture thickens, add tomatoes mixed with the soda. Then add cheese, eggs and seasoning, stirring constantly. Serve on toast chips.

CREAMED ASPARAGUS, PEAS, POTATOES, ETC.

Cut cooked asparagus or potatoes in pieces of uniform size, add to white sauce, made according to recipe given. Use equal measures of vegetables and highly seasoned sauce. Heat vegetables in the sauce and serve on toast or just plain.

This is a good means of using up left-overs, and is often a welcome addition to Sunday night supper. Asparagus and peas combined are good in this way.

LOBSTER a la NEWBURG.

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| 1 lb. lobster meat, (fresh or
canned). | $\frac{1}{3}$ cup cream. |
| $\frac{1}{3}$ cup butter. | $\frac{1}{8}$ teaspoon Bee Brand
Ground Nutmeg. |
| 2 egg yolks. | $\frac{1}{8}$ teaspoon Bee Brand
Cayenne. |
| 2 tablespoons sherry. | |

Cut meat into bits, and add to melted butter, placing over direct flame. Let it heat through and cook two minutes. Place over hot water pan, and add seasonings and wine. Stir, and add cream mixed with egg yolks, slightly beaten. Stir until creamy. Serve on toast.

ORANGE OMELET.

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| 3 eggs. | 3 tablespoons of sugar. |
| 3 oranges. | 1 teaspoon of butter. |
| $\frac{1}{4}$ teaspoon salt. | |

There is only one place in the world where you
can live a happy life—and that is inside your income.

Beat whites of eggs very stiff. Turn beaten yolks into whites, and cut and fold, adding three tablespoons of orange juice, and the salt. Melt butter in upper pan, placing it right over the flame, and being careful to tip it, so that the butter will grease it well all around. Turn in egg mixture, and spread over the pan. Tip as it begins to cook, and almost at once place over hot water pan to finish cooking, putting cover over it. Let cook slowly about twenty minutes. Test by touching top of omelet lightly with finger tip. If it feels fairly firm, it is done.

OYSTERS COOKED IN CREAM.

1 cup rich cream.	2 egg yolks.
2 doz. perfectly fresh medium size oysters.	Salt and Bee Brand White Pepper.
¼ cup of cream.	Sprinkling of powdered mace, if liked.

Scald the cup of cream over hot water. Add oysters wiped clean from bits of shell, and drained. When the edges of the oysters look ruffy, add egg yolk, beaten slightly, and mixed with the fourth cup of cream. Add seasoning and stir for about two minutes. Serve with tiny hot buttered biscuits, and a spoonful of grated ham.

SALTED ALMONDS.

½ lb. almonds.	1 heaping tablespoon of
Salt.	butter or an equal quantity of olive oil.

Blanch and rub the skins from the almonds, dry them well after peeling. Melt the butter in the chafing dish. When hot put in the almonds and fry them to a golden brown, stirring occasionally.

Pour off all the fat (butter or oil), so that the almonds are perfectly dry, then sprinkle them freely with fine salt.

Continue to stir them in the dish for a few minutes longer, and serve when cold as after-dinner tid-bits.

CANDY MAKING

In most candies the object is to prevent the crystallization of the sugar or to insure its formation in minute crystals, that the candy may be creamy and smooth in texture. This may be brought about by long boiling, with the addition of half as much liquid as sugar or by the addition of an acid,—vinegar, lemon juice, Cream of Tartar (an acid salt), etc., or again by melting the sugar at a high temperature with a small addition of liquid.

Have a clean, smooth granite saucepan, a wooden spoon for mixing and beating, and shallow, square pans into which the hot mixture is to be poured. Get everything ready before hand; give your mind to what you are doing, and pay attention to the following simple rules. Anyone of average intelligence who uses these tested and tried recipes can make delicious candy.

- 1st—Use only the best granulated sugar for boiling, and confectioners' sugar for kneading.
- 2nd—Use flavorings as concentrated as possible—McCormick's Bee Brand Extracts meet this necessity, and cannot be excelled.
- 3rd—Stir the sugar and liquid while it is melting; never afterward.
- 4th—Keep wiping the crystal down around the side of the vessel to avoid crystallization, using a cloth or sponge, wet with cold water for this purpose.
- 5th—Do not shake or move the saucepan while the syrup is boiling, or it may granulate.
- 6th—To cool candy, place it in a dry, cool place, never in a refrigerator.
- 7th—To make candy successfully, select a cool bright day, as the dampness acts on the sugar, and success is more than doubtful unless weather conditions are with you.

FONDANT.

(A Cream Foundation for Many Candies).

2 cups of granulated sugar. $\frac{1}{4}$ teaspoon of cream of
 $\frac{3}{4}$ cups of cold water. tartar.

Stir the sugar and water in a saucepan; set over very moderate heat until sugar is almost entirely dissolved. Then draw saucepan to a hotter part of the stove, and cover, so that the steam may prevent sugar from graining. Watch carefully, and when the material is boiling all over the surface, drop in the cream of tartar, but do not stir nor jar the contents of the saucepan. Put cover on again for a few minutes. Now remove cover, and continue boiling until syrup flies a long hair when dropped from tip of a spoon. Have an earthen platter or deep tin plate lightly buttered, and as soon as the syrup shows the long hair, pour it into the receptacle prepared. Do not scrape out the saucepan as the last of the syrup is apt to be grainy. Do not jar the syrup during cooking nor while pouring it out, if you expect perfect fondant. When the syrup is somewhat cool around the edges, beat with a wooden spoon, keeping the syrup all in a mass together,—if allowed to spread on the dish, it will grain. Just as soon as possible, put the hands in, and knead as you would knead bread. Work quickly and steadily, and remember the candy must be kept in a ball or compact mass. Even though it starts to grain, if you work steadily, it will begin to grow creamy. When the mass seems smooth throughout, drop into a deep bowl, and cover with several folds of cheese cloth, wet with cold water. Allow it to stand like this for two hours to ripen, then put the wet cloth over the top of the bowl (but not touching the fondant) and place a heavy cover over this. The fondant is ready for use in 24 hours, but will keep a week or more, provided the cloth covering the container is kept damp.

USES FOR FONDANT.

When wishing to make up into candy, put amount of fondant made by above recipe in a double boiler over hot water, and melt, stirring constantly. Add from one to two teaspoons of boiling water, tint and flavor with Bee Brand flavoring, and drop from the tip of a teaspoon on paraffine paper. These drops may be ornamented with halves of cherries, nut-meats or fruit, and nuts may be beaten into the material before it is dropped.

PEPPERMINT CREAM DROPS.

Fondant, melted as directed. Add three drops of oil of peppermint, and drop from tip of spoon on paraffine paper. One half teaspoon Bee Brand Essence of Peppermint can replace the oil.

PEANUT CANDY.

$\frac{1}{2}$ lb. brown sugar.	2 tablespoons butter.
$\frac{1}{2}$ cup glucose Karo or any other Corn syrup.	$\frac{1}{3}$ lb. shelled peanuts.
$\frac{1}{2}$ cup cold water.	$\frac{1}{2}$ teaspoon Bee Brand Bitter Almond Extract.

Boil first three ingredients until a little of the boiling mixture will crack when dropped in cold water. Stir in the butter and nuts and remove from the fire immediately. Pour in well buttered tins. Mark in squares when almost cold.

DIVINITY FUDGE.

3 cups sugar.	3 eggs white.
1 cup Karo or any other Corn syrup.	$1\frac{1}{4}$ cups chopped nut meats.
$\frac{2}{3}$ cup cold water.	1 cup sugar.
$1\frac{1}{2}$ teaspoons Bee Brand Vanilla.	$\frac{1}{2}$ cup water.

Cook first three ingredients until mixture forms a firm ball when tried in cold water. Meanwhile put into another saucepan the cup of sugar and half cup of water, and stir until dissolved over a very moderate fire. The contents of first saucepan can be cooked at a high temperature. When the firm ball stage is reached, pour in a thin stream on the stiffly beaten egg whites. Beat until mixture begins to stiffen, using a perforated wooden spoon.

Move second saucepan to hot part of stove and cook until contents spin a long hair from the tip of a spoon. Then pour in a tiny stream over the other candy in the bowl. Add nut-meats and vanilla, and continue to beat until mixture turns almost white, and beating is very difficult.

Pour on a large, well buttered pan, and when quite cold, mark in squares. If not properly cooked, the mixture may have to stand several days before it can be handled.

There was never a night without a day, nor an evening without a morning.—M. A. Kidder.

PEANUT CARMELS—(Lucy Hix).

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| 2 cups brown sugar. | $\frac{1}{2}$ cup Karo or any other |
| $\frac{3}{4}$ cup liquid (half milk
and half water). | Corn syrup. |
| 1 table spoon butter. | $\frac{2}{3}$ cup chopped peanuts. |

Put in saucepan over the fire the sugar, milk and water, and corn syrup. Stir over a slow fire until dissolved. Then move to hotter place and cook without stirring to firm ball stage. Remove from fire, add butter and nuts. Beat until creamy, and pour in well butter pans. Cut in squares when partly cool.

MAPLE MARSHMALLOW FUDGE.

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| 2 cups white sugar. | $\frac{1}{2}$ pound marshmallows. |
| 2 cups brown sugar. | 1 teaspoon Bee Brand |
| $\frac{1}{2}$ cup Karo or any other | Maple Flavoring. |
| Corn syrup. | 4 tablespoons butter. |
| $\frac{3}{4}$ cup milk. | |
| $\frac{3}{4}$ cup water. | |

Cook sugar, milk, water and corn syrup together stirring over a slow fire until melted. Then move to hotter place and cook without stirring to firm ball stage. (Syrup forms firm ball when tried in cold water). Remove from fire, add butter and Maple Flavoring, beat for a few minutes, and pour in a well-buttered pan, in which you have spread the cut up marshmallows. Cut each marshmallow in six pieces, when preparing these. When candy is partly cold, cut it in squares.

SEA FOAM CANDY—(Mrs. Rhett).

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| 3 cups brown sugar. | 2 egg whites beaten |
| 1 cup cold water. | stiff. |
| 1 cup chopped nut meats | 1 teaspoon Bee Brand |
| (Pecans are best). | Vanilla. |

Boil sugar and water until syrup flies a long hair from the tip of a spoon dipped in it. Pour the boiling hot syrup in a thin stream over the stiffly beaten egg whites, beating the mixture steadily. Add nut-meats during the beating, and then the vanilla. Continue beating mixture until it seems thick and heavy. Drop by spoonfuls on paraffine paper.

CREAMY CHOCOLATE FUDGE.

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| $\frac{1}{2}$ block Baker's chocolate. | 1 tablespoon butter. |
| 2 lbs. good brown sugar. | 2 teaspoons Bee Brand |
| 1 cup thin cream. | Vanilla. |

Dissolve the sugar in the cream by stirring in a saucepan over a slow fire, adding sugar gradually. After sugar is dissolved, add chocolate cut fine. Move to warmer place, but not hot enough to burn the mixture. Let boil gently to soft ball stage. Drop in the butter, remove from fire and beat steadily, until the mixture begins to stiffen. Add vanilla during the beating. Turn into a well greased pan, and cut in squares when partly cool.

MELMORE FUDGE.

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| $\frac{1}{2}$ block chocolate (unsweetened) broken in pieces and melted over hot water. | 1 cup rich milk. |
| 2 lbs. sugar. | 2 level tablespoons butter. |
| | 1 tablespoon Bee Brand Vanilla. |

Let sugar and milk cook together, stirring until sugar is dissolved, then add melted chocolate and stir this in, but do not stir again if you want velvety fudge. Let boil until it will form a soft ball if dropped in cold water. Take out one-half teaspoon of the mixture for this test. When soft ball stage is reached, and not before,—remove from fire, drop in butter, add one tablespoon of Bee Brand Vanilla, beat vigorously with wooden spoon for five minutes, and turn into buttered pan and mark in squares when cool enough.

DOVER HOUSE COCOANUT CANDY.

- | | |
|--------------------------|--|
| 2 lbs. granulated sugar. | $\frac{1}{2}$ lb. grated fresh coconut. |
| 1 cup milk. | |
| $\frac{1}{2}$ cup water. | $\frac{1}{2}$ teaspoon Bee Brand Almond Extract. |

Boil first three ingredients until soft ball is formed by testing mixture in cold water. Remove from fire, beat in coconut, add flavoring and continue beating until mixture feels heavy; pour at once into buttered pans, and mark in squares when partly cool.

The man who is good for excuses is good for nothing else.
—Benj. Franklin.

CHOCOLATE COCOANUT CANDY.

To cocoanut candy recipe add two squares of melted chocolate (2 oz.) just before removing from fire; after removing from fire add cocoanut as above. Beat in two teaspoons Bee Brand Vanilla, instead of the Almond as in preceding recipe.

HOLLINS SPECIAL.

Boil together without stirring:	$\frac{3}{4}$ cup milk.
3 cups granulated sugar.	1 tablespoon butter.
2 tablespoon (level) cocoa.	$\frac{1}{2}$ teaspoon Bee Brand Rose Extract.
	Raisins, cherries, etc.

When this mixture forms a soft ball when tried in cold water, add one-half cup each of chopped raisins, candied cherries, citron and English walnut meats, cut in rather small pieces. Flavor with one-half teaspoon Bee Brand Rose Extract; pour in buttered pan and mark in squares when partly cool.

TURKISH DELIGHT.

4 level tablespoons Bee Brand Gelatine.	2 cups granulated sugar.
$\frac{2}{3}$ cup orange juice.	$\frac{1}{2}$ cup cold water.
$\frac{1}{2}$ cup candied cherries chopped fine.	2 tablespoons lemon juice.

Let gelatine stand in orange juice until it has absorbed the liquid. Stir the sugar and water over a slow fire until sugar is dissolved, then add the softened gelatine and heat to boiling point. Let boil 20 minutes after boiling starts; remove from fire and let cool a little, then add lemon juice, and fruit and turn into a pan which has been wet with cold water. Let stand in cool, dry place over night. To unmold, sift confectioners' sugar over the paste; wet a sharp pointed knife, loosen candy at edge of pan, then gently pull the paste in a compact sheet from the pan and place on a board dredged with confectioner's sugar. Cut the paste in strips and then in squares with a sharp knife. Keep sugar between knife and paste (dip knife in the sugar from time to time) roll each piece in sugar. A teaspoon of grated orange rind may be added with the fruit if this flavor is liked. Other fruits may be substituted for the cherries.

OLD-FASHIONED MOLASSES PULLED TAFFY.

2 cups molasses.

$\frac{1}{4}$ cup vinegar.

$\frac{3}{4}$ cup sugar.

2 tablespoons of butter.

$\frac{1}{4}$ teaspoon of soda.

Dissolve sugar in the vinegar, stirring in a saucepan over a moderate heat. Add molasses and cook until syrup will form a firm ball in cold water; add butter and then soda; beat for a minute and turn into a buttered platter to cool. When cold enough to handle, butter the fingers slightly and pull until stiff and light in color. Lay in a cold dish and when perfectly cold, crack into desired lengths.

PATIENCE—(Ruth Bell).

2 cups of granulated sugar.

$\frac{1}{2}$ cup of milk.

1 tablespoon butter.

$\frac{1}{2}$ cup nuts (chopped
rather fine).

1 teaspoon Bee Brand
Vanilla.

1 cup granulated sugar.

Melt the one cup of sugar in a frying pan, over strong heat, stirring constantly until a rich golden syrup is obtained. In the meantime put the two cups of sugar, milk, and butter in a saucepan over the fire and cook slowly, stirring occasionally. When the syrup is ready (golden brown) pour slowly into the other mixture which should have come to a boil. Cool to soft ball stage. Remove from fire, add nuts and vanilla, beat until creamy and pour in well greased pans. Mark in squares when almost cool.

MOLASSES FUDGE (Dutch Recipe).

1 cup of brown sugar.

1 cup of white sugar.

$\frac{1}{2}$ cup rich milk or thin
cream.

2 tablespoons Karo or any
other syrup.

2 tablespoons butter.

2 squares chocolate
(melted).

$\frac{3}{4}$ cup nut-meats.

1 teaspoon Bee Brand
Vanilla.

To melted chocolate add sugar and syrup. Cook to soft ball stage, add butter and remove it once from fire, add nuts rather fine and vanilla. Pour at once in well greased square pan. Cut in blocks when almost cold.

The leaders of tomorrow will have to be likeable
Are you trying to qualify?

DELICIOUS PULLED PEPPERMINTS—(Sarah Hunter).

4½ cups white sugar.	Bee Brand Coloring.
2 cups water.	Bee Brand Flavoring.
¼ lb. butter.	

Put first three ingredients in a saucepan over moderate heat, and stir until dissolved. Cover and cook to long hair stage. Pour in well greased pans, and let cool until it is possible to handle with the fingers. Pull with tips of fingers, and add desired tint and flavor during the pulling. While still soft, pull in strips the size of a little finger, and cut with scissors into inch lengths, dropping on paraffine paper. Let stand several hours to harden, and then pack in air tight tin boxes for at least 48 hours before using. The longer they stand the creamier they become.

DROPPED CARAMELS—(Janet Bagby).

½ cake Bakers Chocolate.	1½ tablespoons butter.
2 cups white sugar.	1 teaspoon Bee Brand
⅔ cup milk.	Vanilla.

Put sugar and milk in a saucepan and stir until dissolved over quick fire. When boiling, add chocolate melted or grated. Let boil just three minutes, then drop in butter and remove from fire. Add vanilla and pour on shallow ungreased dish. Beat until thick enough to drop without spreading. Drop on greased paper or table oilcloth, let stand to harden.

CHOCOLATE CARAMEL WALNUTS.

(Uncooked Fondant).

White of one egg.	2 squares Bakers
3 tablespoons Caramel	Chocolate.
syrup.	Halves of English Walnuts.
1 tablespoon water.	Sifted Confectioners sugar.
1 teaspoon Bee Brand	
Vanilla.	

Did somebody give you a pat on the back, Pass it on
If it heightens your courage or lightens your pack, Pass it on.

Beat egg white slightly, add syrup, water and chocolate melted over hot water, vanilla and sugar as needed. Work well together using silver plated knife. Knead until thoroughly mixed. Then break off small pieces and roll in palms of the hand, flatten balls, and place on paraffine paper, with half an English walnut on top of each ball, pressing nut into candy. If palm of the hand is slightly greased with melted butter, the work is made easier. The caramel syrup gives a particularly good flavor, and is prepared by stirring sugar in a saucepan over a hot fire until melted, and rich golden in color.

SMITH COLLEGE FUDGE (Best of All).

$\frac{1}{4}$ cup butter.	$\frac{1}{2}$ cup thin cream.
1 cup white sugar.	$1\frac{1}{2}$ teaspoons Bee Brand
1 cup brown sugar.	Vanilla.
$\frac{1}{4}$ cup Karo or any other syrup.	3 squares (3 ounces) chocolate.

Melt butter over slow heat. In another vessel mix sugar, syrup and cream. Add this to butter, and bring to the boiling point stirring constantly. When mixture is boiling throughout, add chocolate grated or melted over hot water. Stir steadily, and cook to soft ball stage. Remove from fire, and stir until mass begins to thicken (about two minutes). Stir in vanilla and pour in a greased pan. Cut in squares when partly cooled.

CHOICE CARAMELS—(Janet M. Hill).

2 cups sugar.	1 pint thin cream.
$\frac{3}{4}$ cups Karo or any other syrup.	1 teaspoon Bee Brand Vanilla.
1 cup butter.	

Put Karo, sugar and half the cream over the fire and stir until the mass boils throughout. Then stir in gradually, so as not to stop the boiling, the second cup of cream. Let mixture boil to the **firm** ball stage, stirring almost constantly especially toward the last. Do not cook over intense heat or the mixture will burn. When firm ball stage is reached remove from fire, add vanilla, and turn into two brick shaped bread pans well greased. Sheet of candy should be $\frac{3}{4}$ inch thick; when nearly cold cut in cubes, and when quite cold wrap each cube in oiled paper. It takes about one hour to make these caramels.

The man who insists upon seeing with
perfect clearness before he decides, never decides.

PECAN PRALINES.

3 cups granulated sugar.

1 cup thin cream.

Speck of salt.

1 cup sugar (cooked to
caramel stage).

3 cups pecan nut-meats
(halves).

Stir the sugar and cream over the fire until sugar is melted, then boil to soft ball stage. In another saucepan have ready the cup of caramel syrup, and pour the first mixture into the caramel; let boil up once, remove from the fire and beat until slightly thickened. Add salt and nuts and drop by spoonfuls on to marble, or waxed paper, or table oil cloth.

There is no action so slight, but it may be done to a great purpose.—J. Ruskin.

FROZEN DESSERTS

This form of dessert is universally popular, and when well made, frozen dishes are both delicious and nourishing.

The value of frozen creams and custards is recognized by our best physicians and they are served constantly in hospitals, forming valuable aids in the dietary.

To insure success in this branch of work, the best materials are necessary, and care must be taken in the method and manner of combining and freezing.

The American or Philadelphia ice cream, has pure cream for its foundation.

The French ice cream has usually eggs, corn starch, flour, gelatine or some other materials to aid in thickening the milk.

The care of the freezer is most important. It should be thoroughly washed in scalding water immediately after its contents have been removed. It then should be dried thoroughly before putting it away.

Take equal care of the freezing bucket. Put a drop or two of oil on the cog wheel every now and then, and your freezer will last many years.

The ice to be used in a freezer, should be pounded or ground fine. Always use the coarse, rock salt, and for different mixtures, different proportions of ice and salt should be used.

For ordinary frozen creams and custards, use three parts of ice to one of salt, and have this all measured and ready. You will soon learn just how much it will take for your particular freezer.

Set the freezing can in place, adjust top and see that it is in working order. Then pack the freezer with the prepared ice

Learn the truth, live the truth—Esteem the truth divine
Grasp the truth, teach the truth—And Truth will thee refine.

and salt. Remove the top and pour the mixture to be frozen into the can. Fasten cover securely in place, turn freezer slowly, so that contents can be evenly chilled, then turn more rapidly and keep a steady motion until the turning becomes difficult. Remove dasher. Fit a cork into top opening. Fill up to the brim with ice, using less salt this time, as you have frozen the mixture and simply want to keep it.

Leave the vent hole in the freezing bucket open always to avoid any danger of getting brine in the contents of the can.

Cover securely with a pad or piece of blanket kept for this purpose, but newspapers will answer very well if you can do no better.

The parfait or moussee mixtures, being left to freeze without any turning, should be packed from three to four hours. Use equal measures of ice and salt in this case, as a coarse texture is desired.

PLAIN VANILLA ICE CREAM (Small Quantity).

1 pint thin cream.	1 teaspoon Bee Brand
$\frac{1}{2}$ cup granulated sugar.	Vanilla Extract.

Mix all together, and freeze as indicated above.

JUNKET ICE CREAM.

1 pint rich milk.	$\frac{1}{2}$ junket tablet.
1 cup heavy cream.	2 teaspoons Bee Brand
$\frac{1}{2}$ cup granulated sugar.	Vanilla Extract.
1 tablespoon cold water.	

Crush the junket tablet and let stand in the cold water to dissolve. Heat milk, cream and sugar, to barely lukewarm. Stir in the dissolved tablet, pour in a bowl, and let stand in a warm, but not hot room, until the mixture jellies. Do not jar during the process. When cold, pour into the freezer, add vanilla and freeze.

CHOCOLATE ICE CREAM.

Two ounces chocolate melted over hot water, with four tablespoons of sugar and same quantity of boiling water. Stir and cook until smooth. Cool, add to the junket ice cream and freeze as usual.

GRAPE FRUIT ICE.

- | | |
|---|-----------------------|
| 2 cups sugar. | 2 teaspoons Bee Brand |
| 1 quart water. | Ginger Extract. |
| $\frac{1}{2}$ cup strained lemon juice. | 4 tablespoons sherry |
| 1 cup orange juice. | wine. |
| 2 cups grape fruit juice. | |

Boil together for fifteen minutes the water and sugar. Take from the fire and set aside. When cold, add grape fruit juice, lemon juice, ginger extract, orange juice and sherry wine. Strain and freeze slowly.

Serve heaped in the skins of the grape fruit, which for that purpose have been kept perfect after having removed pulp and juice.

ALMOND ICE CREAM.

- | | |
|-------------------------|-------------------------|
| 28 blanched and chopped | 1 quart rich cream. |
| almonds. | 1 cup sugar. |
| 1 doz. pounded stale | 1 tablespoon orange |
| macaroons. | flower water. |
| 1 teaspoon Bee Brand | 2 tablespoons of maras- |
| Almond Extract. | chino. |
| 3 lady fingers pounded. | |

Mix together the macaroons, chopped almonds and pounded lady fingers.

Scald two cups of the cream in a double boiler, add the sugar, stir until dissolved.

Take from the fire, add remaining cream and set away until cold.

Then add the orange flower water and the maraschino and freeze. When frozen, remove the dasher, and with a long handled wooden spoon work in the cake crumbs, prepared almonds and almond extract and pack away for two hours.

Rather do not at all, than half do.
—Tennyson.

MINT FRAPPE.

- | | |
|------------------------------|---------------------------|
| 1 packed cup of mint leaves. | Bee Brand Green Coloring. |
| 2 lemons. | 1 teaspoon Bee Brand |
| 2 cups water. | Peppermint Extract. |
| 2 cups sugar. | |

Pound the mint leaves to a pulp, add the strained juice of the lemons and let stand thirty minutes. Boil together for five minutes the water and sugar, pour it over the mint and let stand until cold.

Strain, color it a delicate green with the green coloring, add the peppermint and freeze to a mush. Serve in tall glasses. Put a sprig of mint in each glass.

FROZEN CUSTARD.

- | | |
|---------------|------------------------------|
| 1 quart milk. | $\frac{1}{4}$ teaspoon salt. |
| 4 eggs. | 1 tablespoon Bee Brand |
| 1 cup sugar. | Vanilla Extract. |

Beat eggs until rather light with the sugar. Scald milk over hot water, pour over eggs and sugar, stirring constantly while pouring. Return to double boiler and cook until mixture coats the spoon. Remove from fire, add salt, and strain. Set in a pan of cold water, and stir while cooling. Add vanilla when cold. Pour in the freezer and finish.

FRUIT CUSTARD.

Strawberry, raspberry, peach, etc. Make custard according to above recipe. Use equal quantities of custard and fruit pulp. Add Bee Brand Fruit Flavors.

A cup of heavy cream, whipped until stiff, and beaten in when the mixture is partly frozen, is a great improvement.

FOR ALL FRUIT CREAMS.

To thin cream add equal quantities of fresh fruit pulp, sweeten, flavor and freeze. A small amount of custard may replace part of the cream, and will never be discovered.

Finish every day and be done with it.
—Emerson.

CAFE PARFAIT.

- | | |
|-------------------------------|------------------------------------|
| 1 tablespoon Bee Brand | 2 cups strong coffee. |
| Gelatine. | 1 $\frac{1}{3}$ cups sugar. |
| 4 egg yolks. | 2 $\frac{1}{2}$ cups double cream. |
| $\frac{1}{4}$ cup cold water. | |

Soak gelatine in cold water. Heat coffee with half the sugar. Beat yolk slightly, then beat again, adding the other half of the sugar. Make a custard of yolks and coffee in place of milk, and when mixture coats the spoon, add gelatine, and strain. Place in a pan of ice water and stir until mixture thickens somewhat. Fold in the cream, beaten until very stiff. Turn into a wet mould (it must completely fill the mold). Place cover on securely, then fasten a strip of heavy muslin soaked in melted lard around the cover, letting it extend well over the joining of cover and mold. This will make the entrance of any brine impossible, provided the work is carefully and neatly done.

Pack in equal measures of salt and ice, and cover entirely with this mixture. Let stand four hours.

VANILLA MOUSSE.

- | | |
|-----------------------------|-----------------------|
| 1 pint of heavy cream. | 2 teaspoons Bee Brand |
| $\frac{3}{4}$ cup of sugar. | Vanilla Extract. |

Add sugar to cream gradually while whipping it solid. Put into a wet melon mold, and finish as Cafe Parfait. A cup of any fresh fruit pulp may be beaten into the cream if strawberry, raspberry, banana, etc., is desired. French conserved fruit can be used in the same way.

To unmould, wipe off salt with cloth, then hold mold for an instant under cold water faucet, remove strip of muslin, and turn out on a dish.

NESSELRODE PUDDING.

- | | |
|--------------------------------------|-------------------------|
| 1 $\frac{1}{2}$ doz. large chestnuts | 4 egg yolks. |
| preserved in syrup. | 2 tablespoons conserved |
| $\frac{1}{2}$ cup of sugar. | orange peel chopped |
| 1 cup of heavy cream. | fine, or 1 tablespoon |
| 1 pint of milk. | stiff orange marmalade. |
| 2 tablespoons conserved | Jamaica rum. |
| pineapple chopped | |
| fine. | |

It is better to prefer honorable defeat to a mean victory.
—John Ruskin.

Cut six of the chestnuts in small pieces and run the rest through a sieve. Cover the prepared fruit with rum, and let stand while making the rest of the pudding. Make a custard of the egg yolks, sugar and milk according to recipe for boiled custard. When mixture coats the spoon, set in pan of cold water and chill. When cold, turn into a freezer and partly freeze. Add whipped cream beaten solid, and turn freezer crank a few times to mix well. Then beat in fruit and nuts (those that are cut fine as well as those run through sieve). Pack in a fancy mold. Press cover in place. Seal with a strip of cloth dipped in hot lard, and cover completely in ice and salt mixture, equal parts of each. Serve plain or with soft custard, or with whipped cream, sweetened and flavored with sherry.

GINGER MINT SHERBET.

- | | |
|--|---|
| 4 rounded tablespoons of
finely cut mint
leaves. | 2 egg whites. |
| 4 lemons. | 1½ cups of heavy cream,
for whipping. |
| 4 oranges. | 4 tablespoons of preserved
ginger root ground
fine. |
| 3 cups of sugar. | |
| 1½ cups water. | |

Grate the rind from two of the lemons, and use in the sherbet. Slice oranges and lemons very thin (remove seeds) and add to mint leaves. Put in an earthen pitcher. Let sugar and water boil together five minutes after boiling starts. Remove from the fire and pour at once over the fruit and mint. Stand in a pan of ice water to cool.

When quite cold strain into the freezer, and add the ginger, stiffly beaten egg whites, and the cream beaten solid.

Serve in sherbet glasses with a sprig of mint in each glass.

LEMON SHERBET.

- | | |
|------------------------|-----------------------|
| 2 pints of water. | 2 egg whites slightly |
| 2 cups of sugar. | beaten. |
| 2 cups of lemon juice. | |

Boil the sugar and water twenty minutes after boiling starts. Let cool, add fruit juice and slightly beaten egg whites and freeze. Serve with a Maraschino Cherry on top of each glass of sherbet.

They can conquer who believe they can.
—Dryden.

ORANGE SHERBET.

2 pints of water.	2 tablespoons of cold water.
1 pint of sugar.	2 cups of orange juice.
$\frac{1}{2}$ teaspoon of Bee Brand Gelatine.	2 tablespoons of lemon juice.

Boil sugar and water twenty minutes after boiling starts. Add the Gelatine soaked in the cold water, and when cool add fruit juice and freeze as usual.

MELMORE ICE CREAM (One Gallon).

1 qt. milk.	Juice 5 oranges.
4 eggs.	Juice 2 lemons.
$\frac{1}{2}$ cup sugar.	2 cups (level) sugar.
3 bananas.	1 pint rich milk.
1 pint stewed apricots.	$\frac{1}{2}$ teaspoon Bee Brand.
$\frac{1}{2}$ can pineapple.	orange extract.

Make a custard of the quart of milk, eggs and half cup of sugar (following recipe for boiled custard). Let this get quite cold. Run bananas, skinned first, through meat grinder, also the pineapple and apricots. To this fruit marmalade add the juice of oranges, lemons, sugar, extract and milk. Add custard and freeze after directions given for Frozen Mixtures.

BEVERAGES

“Indeed madam, your ladyship is very sparing of your tea; I protest the last I took was no more than water bewitched.”

—Swift.

TEA.

The very finest tea ever imported may be completely spoilt by want of rational care in brewing it.

A properly made cup of tea is not only refreshing, stimulating and sustaining, it also contains elements which can satisfy a craving for alcohol, being in this respect on a level with fresh fruit, which also disinclines the palate for intoxicants.

It should be remembered that tea is an infusion, not an extract. Fresh water should always be used; and as soon as the water boils it should be used at once for brewing the tea.

Use china, granite or earthenware pot and take care to use a teapot in right proportion to the size of the family. Let the pot be made very hot with boiling water and rubbed dry. Then put Banquet Brand Tea in the proportion of one level teaspoon of Blended, one half teaspoon of Ceylon or India and Ceylon to each cup of water. Set the pot near the fire for several minutes while waiting for fresh water in the kettle to come to the boiling point, by this time the tea in the pot has become warm and crisp and the pot itself is warm. Fill up the pot with boiling water; if it is not filled the tea cools quickly. After brewing five to seven minutes, stir the liquor with a spoon, and immediately decant, through a strainer, into another teapot which has likewise been warmed. A simple plan is to put the leaves into a strainer fitted inside the teapot, and pour in the boiling water, leaving it to infuse for five to seven minutes, then lift out the strainer and its contents. By such means only the pure wholesome qualities of teas will be insured.

The best way to deliver a man from calamity is to put
a song in his heart.

TEA PUNCH No. 1.

4 teaspoons Banquet	Strained juice 2 lemons.
Brand Tea (Blended).	Thin rind 1 lemon.
1 quart boiling water.	Crushed ice.
5 ozs. sugar.	

Infuse the tea in the boiling water for five minutes. Then strain the liquor from the leaves and pour over the sugar and lemon. Allow it to cool and pour on crushed ice.

TEA PUNCH No. 2.

3 teaspoons Banquet	1½ pints boiling water.
Brand Tea (Ceylon).	1 cup Apollinaris water.

Other ingredients as above, and just before serving, add Apollinaris water.

Another method make as above, but immediately after steeping, add two tablespoons of Jamaica rum.

TEA PUNCH No. 3.

8 teaspoons Banquet Brand	1 quart any kind canned
Tea (Ceylon).	fruit.
2 quarts boiling water.	A small bunch of mint
1 quart lemon juice.	chopped fine.
1 cup orange juice with	¼ pint grape juice.
grated rind.	1 small grated pineapple.
	Water.

Infuse tea in boiling water, add to the above ingredients with sufficient water to make eight quarts. Let stand five hours, strain, ice and serve, or it can be bottled for future use. For receptions or balls double the quantity of Banquet Brand Tea in the above recipe, leave out the additional water, and add half a pint of cognac, four quarts of claret, two glasses of Benedictine, and two quarts of Apollinaris, sweeten to taste and let stand for at least five hours before serving.

TEA JULEP No. 2.

3 teaspoons Banquet	1½ pints Apollinaris
(Formosa) Brand Tea.	water.
1½ pints boiling water.	

Infuse for three minutes, strain the liquor from the leaves. After cooling, add sugar, crushed ice, and fresh sprigs of mint to each glass. Allow to settle three to five minutes and serve.

Make as per the above and add the Apollinaris water just before serving. Another method. Make according to either of the above recipes and immediately after infusing add two tablespoons good whiskey.

COFFEE.

Coffee is invaluable as a stimulant and strength sustainer, for it is not only a refreshing beverage, but it allays the sensation of hunger, prevents drowsiness, aids digestion, especially when meat is partaken of, and generally is highly effective when either mind or body is called upon to put forth an extra effort. Coffee should be rather finely ground, otherwise the full strength is not extracted, but it should not be reduced to a fine powder.

There are various methods of preparing coffee for the table, and each one has its advocates. Some users prefer boiling, others infusing, and there is no great difference in the results. When boiling is preferred, almost three teaspoons of newly ground pure coffee should be put into the coffee pot for each person, then boiling water poured on, stir it up with a wooden spoon, then set on the fire to boil. After it has boiled three times take off from the fire, stir again, then set by the side of the range to settle, after which it is ready to be poured into another heated vessel for the table. For infusing, use a hot, dry earthenware pitcher. Use boiling water. Add one tablespoon of coffee for each cupful required, stir thoroughly, and then stand for five minutes, when it is ready to serve. When milk is used it should always be hot (not boiled). The addition of cream improves the flavor. The use of metal coffee pots is not recommended, but when they are used they should be washed out thoroughly with boiling water, otherwise a disagreeable flavor is imparted from a deposit on the metal.

Willingness is a pot of oil in the house, and must be aided
by a desire to learn.

ICED COFFEE.

Have a quart of clear, strong coffee, put into it four heaping tablespoons of sugar and a wineglassful of maraschino. Put a piece of ice into it when serving, and use whipped cream with it.

RASPBERRY VINEGAR.

Pick over and remove refuse from fresh, ripe berries. Place in an earthen bowl, and barely cover with cider vinegar. Let stand forty-eight hours, stirring occasionally. Then crush the berries and strain. Measure juice, and to each pint of juice add one pound of sugar. Put on the stove and boil gently until a little poured in a cold saucer, thickens slightly. When cold bottle and seal.

When ready for use, pour small amount of the syrup in a glass, fill with crushed ice and water.

GINGER PUNCH (16 Glasses).

1 bunch mint.

1 ½ cups sugar.

Juice of 6 lemons.

Bruise the mint, and add to lemon juice and sugar. Let stand over night, and when ready to use, remove the mint, add three bottles of ginger ale, and pour on a block of ice in a punch bowl. Serve in punch glasses with a sprig of fresh mint in each glass.

CHARLESTON FRUIT PUNCH.

(Will serve thirty people).

1 quart lemon juice (about

6 pints ginger ale.

4 doz. lemons).

6 pints Apollinaris.

1 ½ pints sugar.

1 75c bottle Maraschino

1 ½ pints water.

cherries.

1 fresh pineapple cut in
cubes.

Add ginger ale and Apollinaris with ice just before serving.

DELICIOUS GRAPE JUICE.

Use Concord grapes if possible. Mash grapes and remove stems. Put fruit in a preserving kettle and crush with a wooden spoon, or pestle. Let heat slowly. Cook about fifteen minutes after cooking starts. Then strain, squeezing out all the juice. Measure, and to each quart of juice, add a scant half cup of sugar. Again set on the fire and stir. Heat to boiling point, and turn into sterilized bottles, using sterile corks, and seal carefully. Use with crushed ice.

BLACKBERRY CORDIAL.

Warm and squeeze fresh blackberries. To each pint of juice add one pint of sugar; half ounce of Bee Brand Powdered Cinnamon; one-half ounce each of powdered mace and cloves. Boil all together for twenty minutes after boiling starts. Strain syrup, and to each pint add a wineglass of fine French brandy.

EXCELLENT LEMONADE.

6 lemons.

6 tablespoons of sugar.

1 quart of ice water.

1 small bottle of Maras-
chino cherries.

Roll and slice thin the washed lemons, put in a bowl with alternate layers of the lemons and the sugar. Set on ice until ready to serve. Then add cherries, water and a lump of ice.

HOT CHOCOLATE (Five Cups).

2 squares of Baker's choco-
late.

3 tablespoons of sugar.

1 quart of milk.

$\frac{1}{2}$ cup of hot water.

Melt the chocolate in a saucepan, set in hot water. Add sugar and the half cup of water, and stir until perfectly smooth. Scald the milk and stir the chocolate mixture into it. Beat with a Dover beater for three minutes, keeping chocolate on the stove, or set in hot water. The beating makes it light, and prevents skin from forming on the top. Serve with or without whipped cream.

INVALID COOKERY

“All that has life requires nourishment.”

The preparation of food for those who are seriously ill is a matter of vital importance, as the life of a patient is often dependent on the nourishment received.

While a good nurse will not depart from the physician's instructions, she should make it her business to understand his wishes along this line.

A knowledge of the chemical action of food, will be of great assistance to her, and will aid the physician in his care of the case, as well as add much to the comfort of the patient.

Since the appetite of the sick often needs to be tempted, the manner of the service is of almost as much importance as the food itself.

Never bring an overloaded tray to a sick bed. Use the prettiest china and the daintiest linen the house affords. Sometimes a fresh rosebud laid beside the bowl of broth, will cause the invalid to enjoy what would otherwise be refused or taken under protest. Have the food at the proper temperature. Serve punctually, and arrange to have the food prepared so it will be just ready when the hour for serving arrives. Sick people are often impatient, and as is well known, the state of the mind has much to do with the digestion of food.

The nurse herself should be immaculately dressed, and have a calm, cheerful manner.

The following recipes are reliable, and may serve as suggestions for many others:

Grow old along with me,
The best is yet to be.—Robert Browning.

RICE WATER.

2 tablespoons rice.

1 pint boiling water.

Wash rice and sprinkle in the boiling water. Boil gently for one hour. Strain and serve cold. A little salt or sugar, or both, may be added.

TOAST WATER. (Good in cases of nausea).

One cup stale bread crumbs broken in pieces in pan, placed in an oven and toasted light brown. Pour water over this, and let stand one hour. Rub through fine sieve and serve hot or cold.

BOILED COFFEE. (Single cup).

2 tablespoons (level) of
finely ground coffee.

$\frac{1}{4}$ cup cold water.

1 teaspoon of slightly

1 cup freshly boiled water.

beaten egg white.

Scald a small white enamel coffee pot, put in coffee, egg and cold water, and mix with a spoon. Add boiling water, set on fire and allow to boil three minutes after boiling starts; then set back on the stove where it will keep hot, but not boil, for twelve minutes.

BREAKFAST COCOA. (One cup).

2 teaspoons good cocoa.

$\frac{1}{4}$ cup boiling water.

1 teaspoon sugar.

$\frac{3}{4}$ cup scalded milk.

Scald milk in double boiler. As soon as bubbles show around edge of milk remove from fire. Put sugar and cocoa in small saucepan, mix well and slowly pour the boiling water on this, stirring all the time, and put on fire and stir for three minutes. Add scalded milk, remove from fire, and beat with Dover beater to prevent formation of skin. Serve in a heated cup. A beaten white or yolk of egg may be added, and will give extra nourishment.

CREAMED FISH.

$\frac{1}{2}$ cup baked or boiled fish.

2 small slices of toast,

$\frac{1}{4}$ cup white or cream
sauce.

delicately browned
and buttered.

To slip upon a pavement is better
than to slip with the tongue.

Mix fish and sauce, reheat over hot water, and serve on the toast. Lay a spray of curled parsley on each slice.

CHICKEN JELLY.

- | | |
|---------------------|-------------------|
| 1 3-lb. chicken. | 1½ teaspoon salt. |
| 1 quart cold water. | 1 stalk celery. |
| 6 pepper corns. | |

Thoroughly clean chicken; disjoint; wash and dry each piece on a soft cloth. Remove fat. Put in a soup kettle, add cold water, pepper and celery, and heat very slowly. Let simmer until meat is very tender, it will take at least five hours if cooked at proper temperature. The water should be reduced one-half. Skim frequently while cooking. Strain through double cheese cloth, add salt, and let stand until firm. Remove fat, reheat and turn into glass jars or molds, and cool. Set in ice-box before serving.

CHICKEN BROTH.

Separate a fowl into pieces at the joints. Wash quickly in cold water and drain. Put pieces of chicken into a saucepan and cover well with cold water. Heat slowly to the boiling point. Then let simmer until the meat is quite tender. Pour off the liquid and set aside to become cold. When wanted for use, remove all fat, season with salt, add a speck of Bee Brand Cayenne Pepper and reheat. There should be a pint of broth for each pound of chicken used. The pieces of fowl may be used in croquettes or for creamed chicken.

CREAM OF CELERY SOUP.

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|------------------------|-----------------------|
| 4 stalks of celery. | 1½ tablespoons flour. |
| ¾ cup boiling water. | 1¼ cups rich milk. |
| 1½ tablespoons butter. | |

Wash and scrape celery, and cut in small pieces, add water and cook gently until very soft, add more water if necessary; wash the celery in the water, or leave it in bits, as desired. Scald milk in a double boiler, melt butter in a saucepan, add flour and cook until it bubbles. Pour in scalded milk and cook until like custard, stirring all the time. Add celery and water to this sauce, strain, and serve with toasted crackers.

From this foundation, any of the cream soups may be made, replacing celery with boiled and mashed potatoes, peas, corn, etc.

BROILED STEAK.

Porterhouse, sirloin or second cut round, are best for broiling, but the care with which the cooking is done, is as important as the meat itself.

Wipe, trim off fat from the meat. Heat and grease the broiler with the fat removed from steak. Place meat in the broiler over a clear fire of coals, turning every few seconds at first, in order to sear surface and keep in all the juices.

Steak cut one inch thick will be cooked in a few minutes if liked rare, and about eight minutes if preferred well done.

Serve on hot plate, and season with butter, salt and pepper.

BROILED SWEETBREADS.

Parboil and cut in halves crosswise, sprinkle with salt and pepper, place on a greased, fine wire broiler and broil five minutes over a clear fire. Serve with creamed butter, to which a few drops of lemon juice have been added.

CREAMED SWEETBREADS.

The parboiled sweetbreads may be cut up (always use a silver knife in cutting sweetbreads), and added to cream sauce, well seasoned.

TO PARBOIL SWEETBREADS.

Take the sweetbreads when quite fresh, and plunge in cold water. Let stand one hour. Drain, put in boiling salted water to cover, add a half teaspoon each salt and vinegar to a pair of sweetbreads. Simmer twenty minutes. Drain and drop in cold water and keep firm. Free from fat and membrane, and prepare as desired.

Sweetbreads will not keep any length of time, and are best used within twelve hours after they are purchased.

There is only real failure in life possible, and that is not to be true to the best one knows.

LEMON JELLY. (Two Servings).

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| 1 tablespoon Bee Brand | $\frac{3}{4}$ cup boiling water. |
| Gelatine. | 4 tablespoons lemon juice. |
| 3 tablespoons cold water. | 5 tablespoons sugar. |

Soak gelatine in cold water a few minutes. Add boiling water, sugar and fruit juice; stir. When sugar is dissolved, pour into mold (wet with cold water) and put on ice to harden.

GRAPE FLUFF. (Pattee)

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|-------------------------------|--------------------|
| 1 tablespoon Bee Brand | 1 cup grape juice. |
| Gelatine. | Juice 1 lemon. |
| $\frac{1}{4}$ cup cold water. | 3 egg whites. |
| $\frac{3}{4}$ cup sugar. | |

Soften gelatine in cold water, and then let stand in hot water to dissolve. Stir the sugar into the grape juice, add lemon juice, and when the sugar is dissolved, strain gelatine into it.

Set in cool place, and stir occasionally, until mixture begins to thicken, then gradually beat in the well beaten whites of the eggs. Pour into molds wet with cold water, and serve with cream or soft custard.

GRAPE WHIP. (Pattee).

- | | |
|--------------------------------|----------------------|
| $\frac{3}{4}$ cup grape juice. | 5 tablespoons sugar. |
| White 1 egg. | 1 cup double cream. |

Beat white of egg until foamy. Add grape juice mixed with sugar, then the cream. Beat with a cream whip churn and serve cold.

VANILLA ICE CREAM.

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|----------------------|----------------------|
| 1 cup thin cream. | 1 teaspoon Bee Brand |
| 3 tablespoons sugar. | Vanilla. |

Mix ingredients and freeze in small freezer, or use pound-size baking powder can, turning with hand for a few minutes, and cutting down mixture from sides as it freezes. Use three parts finely chopped ice to one of salt.

Your mind like soil, will produce nothing
unless intelligently tilled—nothing, that is, but weeds.

SPONGE CAKE.

2 eggs.

1 cup sugar.

$\frac{1}{2}$ cup flour (light
measure).

$\frac{1}{2}$ teaspoon baking
powder.

1 tablespoon lemon juice.

A speck of salt.

Beat eggs separately very light, add sugar and lemon to yolks. Blend baking powder, salt and flour. Sift three times together, and then sift into egg mixture, beat well. Then fold in whites. Bake in well greased pan in moderate oven. When the cake shrinks from the pan, it is done.

THINGS WORTH KNOWING

To Caramelize Sugar—Put sugar in a smooth granite saucepan over a hot part of the stove and stir constantly until melted, and golden in color. Keep stirring around the edges as well as in the middle. A little water added to this syrup will make it pour easily in a bottle, where it can be kept for use as desired.

To Wash Carafes—Half fill with hot soap suds; add one teaspoon of washing soda. Then add bits of shredded newspaper. Let stand two hours, shaking occasionally. Empty, rinse and let dry inside.

To Remove Iron Rust—Saturate the spot with lemon juice, then cover with salt. Let stand in hot sun and keep moist with the lemon juice. Rinse in clear water. Repeat if necessary.

Never Allow the Cogs of your Dover beater to get in water, if you expect it to keep in good condition.

To Make a Pastry Bag—Fold a twelve-inch square of heavy twilled muslin, or bed-ticking, to form a triangle. Sew edges together, making a French seam. Cut off point to fit tube to be used and hem this opening as well as the top of the bag.

To Keep an Ice Chest in a sanitary condition, wash thoroughly at least once a week with hot water in which a lump of washing soda has been dissolved. Whenever anything is spilled in a refrigerator, it should be wiped up with a damp cloth at once. All food materials should be kept covered. See that your drain pan is emptied and thoroughly scrubbed every day.

For a Burn—Apply equal parts of white of egg and olive oil mixed. Bind with a piece of soft, old linen. This may be used first, and then equal parts of essence of peppermint and whiskey put on absorbent cotton and bound to the burn. Keep damp with this mixture. A little should be kept mixed and labeled.

TO STOP THE RAVAGES OF MOTHS IN CARPETS.

Camphor will not stop the ravages of moths after they have commenced eating.

Take a coarse towel and wring it out in clean water. Spread it smoothly on the carpet, then iron it dry with a hot iron, repeat the operation on all suspected places, and those least used.

It does not injure the pile or color of the carpet in the least; it is not necessary to press hard, heat and steam being the agents, and they do the work effectively on worms and eggs.

FOR A SIMPLE AND EFFECTIVE PREVENTATIVE AGAINST MOTHS.

Thoroughly clean carpets and rugs, then sprinkle or dust well with Bee Brand Insect Powder, roll in heavy paper, tie securely and store in a dry place.

TO CLEAN GLASS BOTTLES THAT HAVE HAD OIL IN THEM.

Place ashes in each bottle and immerse in cold water, then heat the water gradually until it boils; after boiling one hour let them remain until cold. Then wash the bottles in soapsuds, and rinse in clean water.

COFFEE STAINS.

Carefully separate the white from the yolk of one egg, and beat the latter smoothly, mix this with the same quantity of glycerine, and apply it liberally to the stain on both sides of the material.

Leave it on for two hours, then soak in warm (not hot) water for another hour. After this you may safely wash the cloth.

TO CLEAN CURRANTS.

Put the currants in a sieve or colander, sprinkle thickly with flour, rub them well until they are separated from any stems.

Every man is like the company he is wont to keep.

—Euripides.

Place the strainer and currants in a pan of cold water and wash them thoroughly; then lift the strainer and currants together and change the water until it is clear. Dry the currants between clean towels.

TO STONE RAISINS.

Put them in a dish and pour boiling water over them; cover and let them remain in it ten minutes. It will soften them so that by rubbing each raisin between thumb and finger, the seeds will come out clean. They are then ready for cutting or chopping if required.

CANNED PUMPKIN.

Cut up the pumpkin into small pieces, peel, then put them in a saucepan with just enough water to cook without burning. Cook until it can be mashed with a spoon, remove from the stove, then rub the pumpkin through a colander, put on the stove and let it boil again.

Have air-tight jars ready and hot, put boiling pumpkin into the jars with a soup dipper. Keep pumpkin boiling all the time. Seal the jars and put in a dark place to cool. When cool screw tops down tighter if you can; then wrap each jar in paper and put away in a cool, dark place and they will keep till spring. Can apples the same way.

USES FOR EGG YOLK.

Any cook knows how useful the yolk of an egg is in cookery, especially as a thickening for soups.

Few people are ignorant of the fact that the yolk, well rubbed into the scalp, and afterwards washed off with tepid water and a little borax, is an excellent stimulant to the growth of the hair, but a few people know how valuable the same article is in cleansing soiled or stained dress materials.

Either used alone, or mixed with water, and rubbed on with a piece of flannel, egg yolk will remove mud, coffee, or chocolate stains from nearly every material, and may be safely applied to velvet, but not to velveteen. After it has been applied, it must be washed off with a little melted soap and tepid water, and the material then rinsed with pure cold water.

Few things are impossible to diligence and skill
There is no secret—Business is an exchange of values.

The yolk of an egg, applied as directed above to skirts soiled with car grease, is magical in its effects.

In various skin foods the yolk, very carefully separated from the white, forms the basis, while for toil-stained and roughened hands the yolk of a fresh egg beaten up with a mixture of glycerine and lemon juice, and stirred till slightly thickened, on the range, is one of those toilet comforts which every busy house-wife should keep by her.

TO CLEAN WOODEN TABLES.

Mix together two tablespoons of washing soda, a quarter pound of melted soap, and half a pound of Fuller's earth, with enough boiling water to make into a paste.

ANTIDOTES FOR POISON.

First—Send for a physician.

SECOND—Induce vomiting, by tickling throat with feather or finger; drinking hot water or strong mustard and water; swallow sweet oil or whites of eggs.

ACIDS are antidotes for **ALKALIES**, and vice versa.

SPECIAL POISONS AND ANTIDOTES.

ACIDS—Muriatic, Oxalic, Acetic, Sulphuric (Oil of Vitriol), Nitric (Aqua Fortis).—Soapsuds, magnesia, lime water.

PRUSSIC ACID—Ammonia in water. Dash water in face.

CARBOLIC ACID—Flour and water, muscilaginous drinks.

ALKALIES—Potash, Lye, Hartshorn, Ammonia.—Vinegar or lemon juice in water.

ARSENIC—Rat Poison, Paris Green.—Milk, raw eggs, sweet oil, lime-water, flour and water.

BUG POISON—Lead, Saltpetre, Corrosive Sublimate, Sugar of Lead, Blue Vitriol.—Whites of eggs or milk in large doses.

CHLOROFORM—Chloral, Ether.—Dash cold water on head and chest. Artificial respiration.

A man used to vicissitudes
is not easily dejected.

CARBONATE OF SODA—Copperas, Cobalt—Soap-suds and mucilaginous drinks.

IODINE—Antimony, Tartar Emetic.—Starch and water astringent infusions. Strong tea.

MERCURY and its salts.—Whites of eggs, milk, mucilage.

OPIUM.—Morphine, Laudanum, Paregoric, Soothing Powders or Syrup.—Strong coffee, hot bath. Keep awake and moving at any cost.

HELP IN CASE OF ACCIDENTS.

DROWNING.—1. Loosen clothing. 2. Empty lungs of water, laying body on its stomach and lifting it by the middle so that the head hangs down. Jerk the body a few times. 3. Pull tongue forward using handkerchief, or pin with string, if necessary. 4. Imitate motion of respiration by alternately compressing and expanding the lower ribs about twenty times a minute. Alternately raising and lowering the arms from the sides up above the head will stimulate the action of the lungs. Let it be done gently but persistently. 5. Apply warmth and friction to extremities. 6. By holding tongue forward closing the nostrils and pressing the "Adam's apple" back (so as to close entrance to stomach), direct inflation can be tried. Take a deep breath and breathe it forcibly into the mouth of patient, compress the chest to expel the air and repeat the operation. 7. **DON'T GIVE UP!** People have been saved after HOURS of patient, vigorous effort. 8. When breathing begins place patient in a warm bed, give WARM drinks, or spirits in teaspoonfuls, fresh air and quiet.

BURNS AND SCALDS.—Cover with Cooking Soda and lay wet cloths over it. Whites of eggs and olive oil. Olive or linseed oil, plain, or mixed with chalk or whiting.

LIGHTNING.—Dash cold water over person struck.

SUNSTROKE.—Loosen clothing. Get patient into shade and apply ice water to head.

MAD DOG OR SNAKE BITE.—Tie cord tightly above wound. Suck the wound and cauterize with caustic or white-hot iron at once, or cut out adjoining parts with sharp knife.

VENOMOUS INSECTS' STINGS, ETC.—Apply weak ammonia, oil, salt water or iodine.

FAINTING.—Place flat on back, allow fresh air and sprinkle face with water.

TESTS OF DEATH.—Hold mirror to mouth. If living, moisture will gather. Push pin into flesh. If dead, the hole will remain, if alive it will close up.

CINDERS IN THE EYE.—Roll soft paper up like a lamp lighter and wet the tip to remove, or use a medicine dropper to draw it out. Rub the OTHER eye.

LAUNDRY REFERENCES.

INK STAINS.—Soak in sour milk. If a dark stain remains, rinse in a weak solution of chloride of lime.

BLOOD STAINS.—Soak in cold salt water; then wash in warm water with plenty of soap; afterward boil.

GRASS STAINS.—Saturate the spot thoroughly with kerosene, then put in the washtub.

IODINE STAINS.—Wash with alcohol, then rinse in a soapy water.

HOT TEA AND COFFEE STAINS.—Soak the stained fabric in cold water; wring; spread out and pour a few drops of glycerine on each spot. Let it stand several hours; then wash with cold water and soap.

IRON RUST.—Soak the stains thoroughly with lemon juice; sprinkle with salt and bleach for several hours in the sun.

GREASE SPOTS.—Hot water and soap generally remove these. If fixed by long standing, use either, chloroform or naphtha. All three of these must be used away from either fire or artificial light.

MILDEW.—Soak in a weak solution of chloride of lime for several hours. Rinse in cold water.

SEWING MACHINE OIL STAINS.—Rub with lard. Let stand for several hours, then wash with cold water and soap.

SCORCH STAINS.—Wet the scorched place, rub with soap and bleach in the sun.

Small showers last long, but sudden storms are short.

—Shakespeare.

FRUIT STAINS.—Stretch the fabric containing the stain over the mouth of a basin and pour boiling water on the stain. In cold weather fruit spots can frequently be removed by hanging the stained garment out-of-doors over night. If the stain has been fixed by time soak the article in a weak solution of oxalic acid or hold the spot over the fumes of sulphur.

A SUGGESTION TO THE HOUSEKEEPER IN REFERENCE TO PREPARING CANNED GOODS.

A housekeeper should have a supply of canned food upon the pantry shelves at all times. Just before luncheon or dinner, if fancy leads to both vegetable and fruit, she should remove the fruit from the pan, pouring it into a clean, unbroken, uncracked dish, covering it with a piece of cheese cloth to keep off flies or other insects.

Let it remain a few minutes to receive the benefit of pure air. Pure air is good for both food and mortals. Fifteen minutes before the lunch or dinner, if it be a vegetable, transfer it to a double boiler, and allow it to get hot thoroughly throughout. Don't cook it—it is already cooked, having been cooked in heat forced to 235 or 250 degrees Fahrenheit, according to the nature of the food.

If a fruit, proceed in the same way without heating, and if the weather be warm, put in the refrigerator for a few minutes, that it may be chilled before serving.

TO WASH CHAMOIS LEATHER.

Put one teaspoon of Crescent Brand Ammonia into a saucepan of hot water, and soak the leather in this for ten minutes; then squeeze, and press it until the dirt is removed.

Have more hot water prepared in the same way, wash the leather again in this, then rinse, squeeze, and dry in the air, rubbing it frequently to keep it soft.

It is better to prefer honorable defeat to a mean victory
—John Ruskin.

A SEWING MACHINE SECRET.

Take out the screw that holds the foot-plate, remove it, and you will be surprised at the amount of fluff accumulated there. Clean the little grooves and under the whole of the plate with a pen knife.

The needle must be taken out before the work has begun.

You will often find this is the only cause for the machine running hard, and it is a little secret that the agents will not tell you, because they don't know it.

MEMORANDUM

MEMORANDUM

MEMORANDUM

Baked Fillets of Fish

Cut small fillets fish in small pieces
season with pepper, salt, and a little lemon
grease a small fire-proof dish (juice)
and sprinkle it with fine bread-crumbs
chopped parsley, and a little grated lemon

Lay the pieces of fish on top of this (ring)
and cover with more bread-crumbs etc.

Pour one or two Tablespoonful of milk
place some small pieces of butter around
on the top, and bake in a moderate
oven about 15 min. Serve in the same
dish. Garnish with a little parsley.

CHILDREN'S CORNER

"A kitchen, a cook book and a little girl."

Almost all little girls love to cook, but it is hard for them to understand the big cook books "Mother" uses. The following recipes are all good, all are simple and easy to follow, provided the little cook will give her mind to what she is doing, and remember no one can do anything well unless she is really interested and means to do her very best.

We will begin with the simplest things first, and as the little hands get used to the kitchen family (bowls, kettles, pans, etc.) we will try things which are harder to do.

Remember this book belongs to you and mother together, and she will not like to have it soiled.

Always have on a nice, large, clean apron when you mean to cook. Have your hair neatly braided so it will not fly about.

See that the fire is right for the dish you are going to make.

Wash your hands, and get out the materials you are going to use, and the vessels to be used for the mixing and cooking.

Learn neat, orderly ways, and you will get along much better.

Always clean up everything after you finish, and then mother or the cook will always be willing to let you have the kitchen to work in.

BUTTERED TOAST.

Take a loaf of bread several days old. Lay on a table or bread board, and with a large knife slice very evenly.

Pluck is fighting with the scabbard,
after the sword is broken.

Cut each slice one-half inch thick. Keep your eye on the side of the loaf next the table, and you can cut the slices more evenly.

Put sliced bread in a wire toaster, and hold over the coals, moving the toaster back and forth to keep the heat even. When golden brown on one side, turn toaster over and brown other side. Spread evenly with butter and serve hot.

CINNAMON TOAST.

Make as many slices of nice brown toast as you want. For each slice of toast, mix one tablespoon of sugar and one-half teaspoon of Bee Brand Powdered Cinnamon. Butter the toast, and sprinkle the sugar and cinnamon over it. Then put the slices of toast in a shallow pan in a moderate oven just a few minutes to melt the sugar, and they are ready.

COFFEE.

You can make good coffee for mother if you will follow these directions: Put some fresh, cold water in the tea kettle. Always remember that you can not make good coffee out of stale water, or water that has stood a long time. When you get to be a big girl you will know why.

When the water in the kettle is bubbling all over the top, pour some in your coffee pot to scald it out, then empty that. Measure the ground coffee, and allow one rounded tablespoon for each cup you wish to make. Put in one extra spoon for the pot. Put the measured coffee into the scalded pot, then put in half cup of cold water, and a teaspoon of white of egg, or crushed shell of an egg. Stir this well, and then pour the measured boiling water over it. Set on the stove and let come to a boil. Stir it with a spoon, and then let it boil five minutes by the clock. Then pull it back to a cooler place, and let it simmer for ten minutes. Put in a tablespoon of cold water, and serve at once.

MILK TOAST. (Six slices).

1 level tablespoon of butter. $\frac{1}{4}$ teaspoon of salt.
1 level tablespoon of flour. 1 cup of sweet milk.

All measurements are level unless otherwise stated.

Love thy neighbor as thyself, but don't take down the fence.

—Franklin.

Put the flour and butter in a little saucepan and stir over the stove until it bubbles. Add the milk, a little at a time, and keep stirring until you have added all your milk, and it begins to look a little thick. Never stop stirring, as it will lump if you do. Just as you take it off, add the salt, and pour over the hot toast.

CREAM OF WHEAT.

1 cup cream of wheat.

1 level teaspoon of salt.

4 cups boiling water.

Take the inside of a double boiler, measure the boiling water in this, add the salt, and gradually shake in the cream of wheat. Stir it over the fire for a few minutes, and then place in the lower part of the double boiler, which you have half filled with boiling water. Let it cook for at least one hour, and it is ready to serve hot with sugar and cream for breakfast.

CREAM OF WHEAT WITH DATES.

This is a nice way to use up any of the cereal left from breakfast. Take little enamel ware or earthen cups. Take the seed out of a date, and cut the fruit in narrow strips. Stand these up against the sides of the cups, and carefully put in enough of the cereal to fill the cup. Put in a cool place to stiffen, and turn out of the cups into saucers and serve with cream, or cream and sugar.

COCOA.

For each cup of cocoa to be made, measure one rounded teaspoon of powdered cocoa, one-half level teaspoon of sugar, and one cup of milk.

Put the milk on the heat in a double boiler. Mix the sugar and cocoa together in a bowl, and then stir in with them a tablespoon of cold milk for each cup of cocoa. Pour some of the hot milk into the bowl, and stir with the cocoa mixture, and then turn all together into the hot milk. Stir for five minutes in the double boiler over the fire and it is ready to pour in your chocolate pot.

If you cannot be a lighthouse, be a candle.
—Moody.

TOASTED CRACKERS WITH MARSHMALLOWS AND NUTS OR CHERRIES.

Use butter thin crackers; put marshmallow in the centre of each cracker, and put in a shallow pan in a moderate oven. As soon as the marshmallow puffs up, take the pan from the oven, and lightly press half an English walnut meat in the centre of each candy.

Some of the crackers can be finished with half a conserved cherry in place of the nut. These are nice for serving with cocoa at luncheon.

DROP BISCUIT.

1 cup sifted flour.	2 level teaspoons baking
1 level tablespoon of lard.	powder.
$\frac{1}{2}$ teaspoon of salt.	$\frac{1}{2}$ cup of milk.

The flour has already been sifted, but must be sifted again with the salt and baking powder. Put in a bowl, and drop the lard in with it. Now take a knife and keep cutting the lard into flour, until it is all so finely divided, it is all mixed with the flour, and you can not see any pieces of lard. Then add the milk, a little at a time, and mix with the knife. When it is all mixed to a very soft dough, drop by tablespoonfuls on a greased biscuit pan, and bake in a quick oven until the biscuits turn a golden brown.

SWEET MUFFINS.

2 cups of sifted flour.	3 tablespoons of sugar.
3 teaspoons of baking	$\frac{3}{4}$ cup of milk.
powder.	4 tablespoons melted
$\frac{1}{2}$ teaspoon of salt.	butter.
2 eggs.	

Sift together the flour, baking powder, sugar and salt. In another bowl beat the eggs, add the milk and melted butter. Into this liquid gradually add the flour mixture, beating all the time. Have your muffin pans hot and well greased, and fill over half full with your batter.

Encourage; don't discourage.
Example is better than advice.

NICE SYRUP FOR HOT CAKES.

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|-----------------------------|------------------------|
| 1 cup of white sugar. | 1 tablespoon Bee Brand |
| $\frac{1}{4}$ cup of water. | Vanilla. |
| 1 teaspoon of butter. | |

Boil sugar and water together for five minutes after boiling starts. Take off the fire, add butter and vanilla and pour in syrup can.

GRIDDLE CAKES.

- | | |
|---------------------------------|----------------------|
| 2 cups of flour. | 2 tablespoons melted |
| 3 teaspoons of baking | butter. |
| powder. | 1 cup of milk. |
| $\frac{1}{2}$ teaspoon of salt. | 2 eggs. |

Mix just the same as the sweet muffins, and bake on a hot, greased griddle. Drop the batter from the end of a tablespoon. As soon as the cake is full of little bubbles on one side, turn it and cook on the other side. Never turn a cake but once. Have the griddle hot, and grease it well between each baking.

A SIMPLE SPONGE CAKE.

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|---------------------------------|-------------------------------------|
| Yolks of 2 eggs. | 1 $\frac{1}{2}$ teaspoons of baking |
| Whites of 2 eggs. | powder. |
| 1 cup of sugar. | $\frac{1}{4}$ teaspoon of salt. |
| 1 cup of flour. | $\frac{1}{4}$ teaspoon of Bee Brand |
| $\frac{1}{2}$ cup of hot water. | Lemon Extract. |

First butter a shallow baking pan. Break the eggs, and carefully separate the whites and yolks. Put the whites in one bowl, and the yolks in another. Set whites in a cool place until you are ready to use them. Beat the yolks and add the sugar, a little at a time. After you have used up half your sugar, add the water, the rest of the sugar, and beat hard. Sift together three times your flour, salt and baking powder. Now add to the yolks and sugar and water, your lemon extract. Beat the egg whites until very stiff, and beat them into the bowl with the yolks. Now gradually sift in your flour mixture, stirring and beating until all is well mixed. Put into your greased cake pan, and be sure the batter is spread perfectly even on the pan. Bake about twenty-five minutes in a moderate oven.

JELLIED PRUNES.

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|-------------------------------------|-----------------------------------|
| 1 cup of prunes, measured | $\frac{1}{2}$ cup of cold water. |
| after they have been | $\frac{1}{4}$ cup of lemon juice. |
| stewed and run | $\frac{3}{4}$ cup of sugar. |
| through a colander. | 2 tablespoons Bee Brand |
| 1 $\frac{1}{2}$ cups boiling water. | Gelatine. |

Soak the gelatine in the cold water for ten minutes. Then measure the boiling water and add gelatine mixture to it, then stir in the prunes and the sugar. When all is well mixed, turn into a mold. Serve with plain cream or custard.

ORANGE CUSTARD.

- | | |
|----------------------------|----------------------|
| 1 quart of milk. | 2 oranges. |
| 4 eggs. | 1 teaspoon Bee Brand |
| 6 level tablespoons sugar. | Bitter Almond. |

Put the milk in a double boiler and set over the fire. When you see a ring of bubbles around the edge of the milk, it is ready to use, as it only needs to be scalded. While you are waiting for the milk to scald, beat the eggs without separating the whites and the yolks. Beat in the sugar with the eggs in the bowl, and then pour the scalded milk over the eggs, stirring all the time. Pour it all back in the double boiler, and set it again over the hot water pan on the fire. Stir all the time until the custard coats the spoon like thin paint. Take it off the fire and strain into a clean bowl. Set this bowl in a pan of cold water, and keep stirring until the custard is cooled. Add the extract, and when perfectly cold pour over the oranges, which must be peeled so there is no thick white skin left on them, then slice them across in thin slices, take out the seeds, and put the sliced oranges in a pretty bowl, and pour the custard on top.

CHOCOLATE CREAM CANDY.

- | | |
|----------------------|----------------------------|
| 2 cups sugar. | 2 squares of chocolate cut |
| 1 cup of milk. | in pieces. |
| 1 teaspoon Bee Brand | 1 tablespoon of butter. |
| Vanilla. | |

Put the butter in a saucepan. Add the sugar and milk, and put over a moderate fire and stir until the sugar is all melted. Then add the chocolate, and stir again, until the chocolate is

Not to work, is to keep always an undeveloped hand, or heart, or brain.

melted. Let it boil gently until you can form a soft ball, when you drop a little of the mixture in cold water. Take off the fire, add vanilla, and beat two minutes. Pour in a buttered pan, and mark in squares when nearly cold.

MAPLE NUT CANDY.

2 cups sugar.

$\frac{1}{2}$ cup of cream.

1 cup of maple syrup.

2 cups of nut meats.

Boil the sugar, syrup and cream until you can form a soft ball when a little of the hot syrup is dropped in a cup of cold water. Take off the fire, and beat two or three minutes, adding the nuts as you beat. Drop from the tip of a spoon in little rounds on paraffine paper. After they are cold, they can easily be lifted from the paper.

THE TRUTH ABOUT EXTRACTS

BEE BRAND EXTRACTS. For 30 years, long before the Pure Food Law was thought of, we have been putting on the market Bee Brand Flavoring Extracts, which are far stronger than the National and State Laws require. We have been making this class of Extracts because we believe there was a demand for the very finest goods that could be manufactured, and we were willing to operate on a smaller margin of profit and put the value in the goods, so that from a **QUALITY** standpoint they would have no equal on the market.

BEE BRAND VANILLA. The United States Pure Food Laws require manufacturers to use not less than 10 per cent. of Vanilla Beans to each gallon of Extract, but it does not specify what kinds, grades or qualities of Beans shall be used, thus leaving it to the conscience of the manufacturer as to just what Beans he shall use.

Vanilla Beans come from different parts of the World, and vary widely in their flavoring properties.

The **CHEAPEST TYPE** of Vanilla Bean (except some kinds which are absolutely worthless) is the Tahitis, which could formerly be bought for from 75c to \$1.00 per lb., but their present value, owing to the increased consumption of Vanilla Beans, is about \$2.00 per lb.

The **HIGHEST TYPE** of Vanilla Bean, and the one which makes the daintiest, most delicious and most persistent flavoring, is the Mexican Bean. Its price runs as high as \$8.00 per lb.

In **BEE BRAND VANILLA** we use **SELECTED MEXICAN BEANS EXCLUSIVELY**, and use not only the 13 oz. required by law, but use 16 oz. of actual Beans to the gallon. Thus you can see that if a manufacturer uses the cheapest Beans and only the quantity required by law he can make a **PURE** Extract that will comply with the law and be just as **PURE** as an extract made from the highest grade of beans, but its **QUALITY** will be **FAR INFERIOR IN EVERY WAY**.

BEE BRAND LEMON. The United States Pure Food Laws require that 5 per cent. of Oil of Lemon must be used in the manufacture of Lemon Extract, but we do not stop here. We use 60 per cent. more than the law requires, and in addition use **FRESH LEMONS**. We are the only concern of which we know that does this.

So it is with our other Bee Brand Flavors. They not only comply with the law, but where possible are made from the Pure Fruits themselves.

Some Flavors, however, it is impossible to make from the fruits with the result that these Flavors have to be **built up, and upon the skill with which this is done depends the quality of the Flavor**. We claim that our so-called Fancy Flavors are not equaled on the American market, and you can prove this to your own satisfaction by putting a few drops of Bee Brand Extract on a clean piece of white paper and do likewise with the same quantity of any other. By smelling and tasting them both, you will at once note the great difference between them and appreciate the rich flavor, aroma and bouquet of the Bee Brand Goods.

THE TRUTH ABOUT SPICES

BEE BRAND SPICES. Spices add the zest to the Banquet and yet in no commodity do we know of greater difference in quality. They have been used since the earliest times and their value as an appetizing adjunct to food is appreciated by all peoples.

Housewives, chefs and all who have to do with the preparation of food realize the importance of securing first-class Spices if they expect to get the best results.

Our Bee Brand Spices are the finest goods on the American market. They are the choicest growths of the Spice Plantations, carefully cleaned by us and then scientifically ground in especially designed mills.

Inferior goods, or those damaged by sweating or other causes in transit, are rejected. Only those in fine condition are accepted and used in grinding our Bee Brand Spices.

Spices may be of high quality originally and yet spoiled in the milling. In grinding by the old methods (which most millers use) the Spices are heated, and the volatile oils on which they so largely depend for their strength and piquancy, are driven off, with the result that they come from the mills flat and inert.

Our process of milling is modern and up-to-date. The Spices are not superheated in grinding, as they are by the old process, and therefore retain all of their volatile oils, and have a strength, flavor and aroma not equaled by any goods ground by a different process.

They will be a revelation to those who have heretofore used only the ordinary brands on the market.

THE TRUTH ABOUT TAPIOCA

BEE BRAND TAPIOCA. We import the finest Tapioca brought into this country, but even then we are not satisfied to pack it as it comes to us, and although it is in practically perfect condition, we reclean and dust it and then pick it over twice by hand, to be certain there is no dirt or particles of foreign matter left in it.

The quality of our Tapioca is fully up to the Bee Brand standard and we are convinced it has no equal.

We put up two kinds, namely, "Granulated Tapioca" and "Pearl Tapioca."

THE TRUTH ABOUT GELATINE

BEE BRAND GELATINE. When we decided to put a Gelatine on the market, we concluded that we would put it up under our Bee Brand Label, and that it should comport with the high standard of our other goods under that famous brand.

We therefore had samples of the best gelatine to be found in the markets of the world submitted to and passed upon by Dr. H. T. Vulte, of Columbia University, New York, a Food Expert and Analytical Chemist of national reputation.

After submitting the Gelatine to the most careful analysis and most exacting tests, he selected our **Bee Brand Gelatine** as the finest goods possible to obtain both as to **purity and quality, freedom from odors and from bleaching agents.**

Bee Brand Gelatine goes further and does more, we believe, than any other Gelatine on the market. It is simply impossible to secure a better piece of goods. This you can prove for yourself by using it.



B E E  BRAND

FLAVORING EXTRACTS

Far Higher in Quality and Strength than National Food Law requirements.

Endorsed and used by Domestic Science Experts, and many leading hospitals, including the Johns Hopkins Hospital who will have only THE BEST.

Only finest quality ingredients used in their manufacture.

Awarded GOLD MEDALS

Jamestown 1907

San Francisco 1915

B E E  BRAND

GROUND SPICES



Absolutely pure, highest grade and thoroughly cleaned whole spices used in their manufacture. A revelation in quality and strength to those who have used only the ordinary brands of spices.

Packed in air-tight tin canisters retailing for 10 cents.



MCCORMICK'S

BEE BRAND

DOUBLE SUPERFINE

MUSTARD

Manufactured from the best selections and the choicest grades of IMPORTED MUSTARD SEEDS. Of the many varieties grown of Yellow or Brown Mustard Seeds, only a very few are suitable for making the highest quality of Mustard Flour.

Packed in an all tin can.

ABSOLUTELY PURE

HIGHEST QUALITY

GOLD MEDALS

Jamestown 1907

San Francisco 1915

BEE BRAND



PASTRY OR CAKE SPICE

A carefully blended combination of Highest Quality Spices ready for the cake dough.

Directions for using Bee Brand Cake Spice

3 cups sifted flour	2 cups sugar
3 teaspoons baking powd.	1 cup milk
$\frac{1}{2}$ cup butter	3 eggs
1 teaspoon Bee Brand Cake Spice	

Divide batter and add spice to one-half; leave the other unseasoned. This will make two generous layers. Put together with any desired frosting.

If a cake is desired add double amount of Spice to whole recipe and bake in a loaf pan in a moderate oven.



**B E E****BRAND**

WHOLE PICKLING SPICE

A perfectly blended combination of 17 different Spices, Seeds and Leaves, carefully selected and thoroughly cleaned.

It imparts a delightful flavor to pickles, etc.

Unsurpassed for its piquant, aromatic and preserving qualities. 5 and 10 cent sizes.

B E E**BRAND**

RUBBED OR WHOLE SAGE

Cleaned of all sticks and foreign matter, ready for use.

Gives Poultry, Game, etc. an excellent aromatic and appetizing flavor.

Only high grade leaf Sage, carefully rubbed used in this package. 5 and 10 cent sizes.

**B E E****BRAND**

GROUND POULTRY SEASONING

A mixture of quality spices and seasoning herbs carefully blended in the right proportions, ready to be used in the stuffing of poultry etc.

Packed in air-tight tin canisters, retailing at 10c.



BANQUET BRAND TEAS

Vacuum Cleaned

Highest Quality

BANQUET TEAS are vacuum cleaned which insures the removal of dust, broken leaf, etc. BANQUET TEAS are the highest quality of their respective types, and are steadily increasing in popular favor.

PACKED UNDER BANQUET BRAND

In one lb., half lb. and quarter lb. sizes.

ORANGE PEKOE
IN ORANGE CAN

INDIA & CEYLON
IN GREEN CAN

BLENDED (Green & Black)
IN RED CAN

GUNPOWDER
IN RED CAN



Banquet Orange Pekoe Tea

A True Ceylon Orange Pekoe Tea

It is composed of carefully selected, high grown teas, which are blended to produce a rich, wine-colored liquor, of unusual flavor and bouquet. It makes a wonderful flavor. Try it and be convinced.

To secure a delicious cup of Tea, Specify



BANQUET BRAND INDIVIDUAL TEA BAGS

When dining in—

Hotels, Restaurants, Dining Cars, Tea Rooms, etc.

High Grade Teas packed in sterilized and deodorized gauze bags. No metal on bag.

Sample Free



THE BANQUET TEAPOT

A Handsome Teapot that Makes Tea "Just Right"

A specially designed, Stone-China Teapot, with a rich, lustrous brown finish, glazed inside and out. Modeled from a pot unearthed in the ruins of Pompeii.

After tea has been drawn, the glazed china strainer is easily lifted from the teapot by an arrangement of two lugs on the teapot lid, which engage in a groove at top of strainer. Note small cut at right of teapot.

NEVER USE A METAL TEAPOT

Tea made in a metal vessel is subjected to a chemical action which impairs its fragrance and destroys its flavor. The BANQUET TEAPOT has **no metal** parts. It makes tea "just right" enabling the user to enjoy all the virtue of tea as a beverage.

SAVE BANQUET TEAPOT COUPONS

In each package of BANQUET TEA we pack a Teapot Coupon which can be used in securing a BANQUET TEAPOT.



For 5 cup BANQUET TEAPOT send us—

20— $\frac{1}{4}$ coupons	(from $\frac{1}{4}$ lb. packages)	and 75c or
10— $\frac{1}{2}$ "	(" $\frac{1}{2}$ " ")	" 75c or
5—Whole "	(" 1 " ")	" 75c

If 8 cup size is desired, send same number of coupons and \$1.00

The BANQUET TEAPOT can be obtained in connection with teapot coupons packed in BANQUET TEA or on straight cash basis.

5 cup size - \$1.50 Parcel Post, Prepaid 8 cup size - \$1.75

"Every Drop Adds Zest"



B E E



BRAND

MAYONNAISE DRESSING

is a very thick, heavy Mayonnaise of the highest quality. It is made from pure oil and eggs, with vinegar and just enough seasoning to give it the desired zest.

It is a perfectly smooth, mild dressing, with a rich nutty flavor; delicious, appetizing and palatable. It is so thick "you can almost cut it with a knife.

BEE BRAND MAYONNAISE DRESSING is excellent for making sandwiches. It is better than butter for this purpose; it goes further, and is wholesome and nutritious.

BEE BRAND MAYONNAISE DRESSING is packed under the most sanitary conditions and guaranteed pure and of high quality. We stand back of it in every way. Sample Free.

Have You Tried It Yet?

GREEN



SEAL

MUSTARD DRESSING

is a highly spiced dressing of which mustard is the base, The mustard flavor is modified and the dressing made more tasty and appetizing by the addition of other spices.

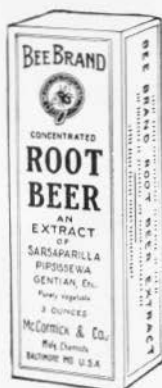
It adds a zest and flavor all its own to cold meats, fish, and fowl, and you've never tasted its equal on sandwiches or smoked sausage.

ITS A BEE BRAND PRODUCT

That means-made of the purest and most wholesome ingredients, the finest in the world.

Sample Free





A Delicious Temperance Beverage

BEE



BRAND

ROOT BEER

Delicious

Refreshing

A healthful non-alcoholic drink of rich flavor, full strength and guaranteed purity.

A bottle makes five gallons.

Dainty Desserts quickly made by using

BEE



BRAND

GELATINE

Declared the best on the market by Dr. H. T. Vulte, one of the leading food experts in the United States and an analytical chemist of 38 years standing.



Another Delicious Dessert

BEE



BRAND

GRANULATED OR PEARL TAPIOCA

Easily prepared and easily digested. If made according to directions given on carton and in this book will make delightful, nutritious dishes.



Harmless to Mankind and Domestic Animals



B E E BRAND INSECT POWDER



Packed in air-tight tin cans with sifting tops

For use against—

Ants, Flies, Fleas, Bed Bugs, Roaches, Water Bugs, Worms, Mosquitoes, Lice on Fowl and Animals, Aphid Fly, Rose Bugs and all forms of Insects that infest Plants and Flowers.

Packed in 10c 25c 50c and \$1.00 Sizes.

Quick to Stick

Sold to Hold

IRON GLUE

Mends effectively

Bric-a-brac, Earthenware,

China, Leather,

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Books, etc.

Mends Everything

Holds Anything

Look for the Red Label Bottle.

10 & 15 cent sizes
with cap & brush.

For Sale Everywhere.



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Graduate of Teachers' College, Columbia University,
Head of Home Economics Department,
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